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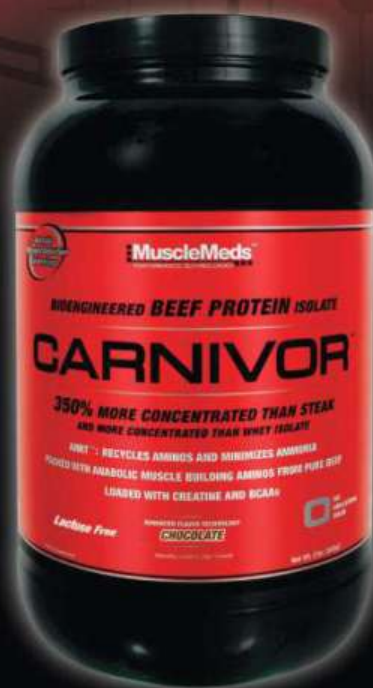
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*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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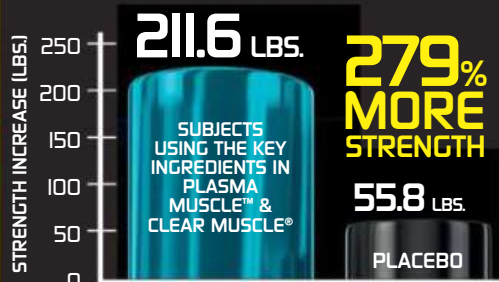
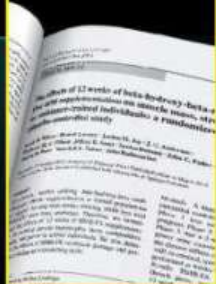
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INSIDE THIS MONTH

NOV. 2015

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BIG LOU

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RALPH DEHAAN



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FROM THE CHAIRMAN

DREAM BIG

LOU FERRIGNO'S PERSISTENCE TURNED HIS DREAMS INTO REALITY

Lou Ferrigno has been a personal friend of mine for many years, and I couldn't be prouder to have him on the cover of this month's FLEX. While Lou certainly has the physique and credibility to be featured on our cover, it's something you can't see in that amazing cover photo that impresses me most—his fortitude.

By now you're probably aware that Lou lost most of his hearing when he was an infant, the result of an ear infection. Because of his condition, Lou had to learn to adapt to a world the rest of us take for granted, and in many instances forge a new path for himself, rather than follow the well-trodden ones those of us with the gift of hearing enjoy. Yet he never stopped dreaming of being larger than life—a success. As a boy, he immersed himself in comic books. His favorite was *The Incredible Hulk*.

When Lou was a young teenager he discovered bodybuilding and learned that through persistence and hard work, he could reinvent himself and become as big and strong as the characters in his comic books. For whatever advantages he may have lost when he suffered that ear infection, he gained them back tenfold when he put his heart and soul into training.

Of course, we all know what came next—a world-class contest-winning physique, movies, fame, a worldwide fan base, and, of course, a career-defining role as TV's Incredible Hulk. And, more important, Lou Ferrigno gained a measure of confidence and self-worth that his wiry, younger self could have never imagined, all thanks to his commitment to follow his passion.

By virtue of the fact that you are holding this magazine in your hands, you share Lou's passion for bodybuilding, and if a lesson is to be learned from Lou's example, it's that dreams can become reality if you are willing to persevere. Lou did. Now it's your turn.

David J. Pecker

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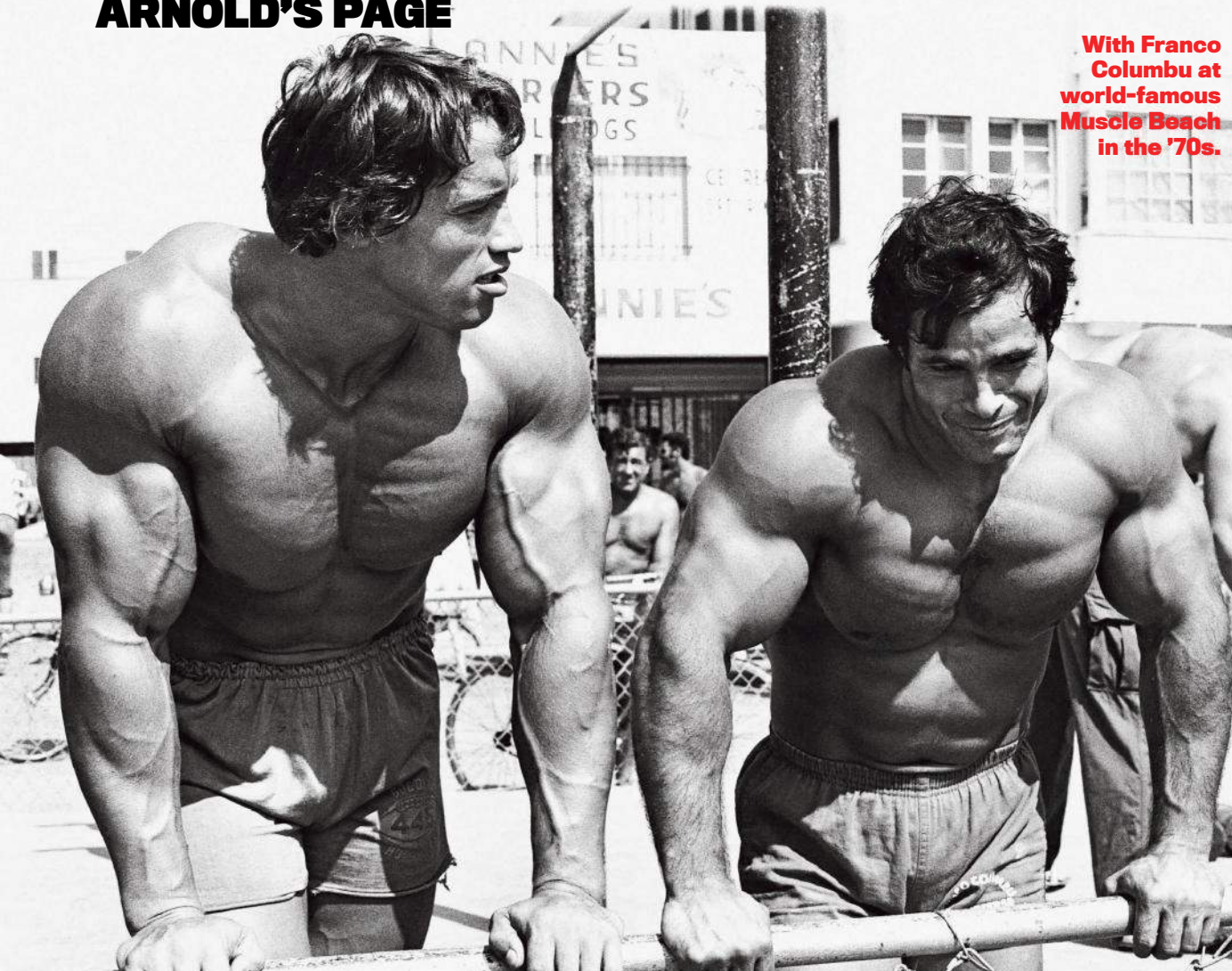
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TRAINING PARTNERS MAKE THE BEST FRIENDS

Q Are you still friends with the bodybuilders you trained with decades ago?

—JOHN D., VIA FACEBOOK

Without a doubt. The friends I made along the way through bodybuilding are some of the best and longest-lasting relationships in my life. Frank Zane, Bill Grant, and Ed Corney always have carte blanche when they set up their booths at my Arnold Sports Festival. And Franco Columbu, whom I trained with, did masonry work with, and

starred in movies with, remains my closest friend of all—we still play chess together nearly every weekend.

Last July, paparazzi took some shots of Lou Ferrigno and me training in Gold's Gym together. We weren't there for a photo op or to promote a movie—we're just two old buddies who wanted to get a workout in. This month, I'll help Lou celebrate his 64th birthday.

Most friendships aren't based on competition; they're formed over common interests. But bodybuilding friendships are fortunate enough to have both. People who train together form bonds not unlike

soldiers who are forced to share a foxhole. They help each other through adversity and share both triumphs and defeats. They push each other to be better and check each other's egos. So if you're not satisfied with the relationships in your life, find someone to go to the gym with. Maybe in another 40 years, they'll be taking pictures of the two of you still training together.

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SOCIAL ALL-STARS



2007



2015

@Juandiesel Transformation Tuesday!! On the left 2007 192 lbs and on the right 2015 275 lbs. [#nowitsaparty](#)

@Flex_Lewis You will never know the impact you have made on earth until life's taken short. My dear friend [#Baito](#) made a massive impression on many, to see photos like this at his funeral, he was a very loved man by many and his country!!! This is the sendoff of a champion, this is the sendoff of a national hero. I have never seen a funeral like this for an athlete, let alone a bodybuilder. I only hope you can see this. [#RIPmyFriend](#) [#baitollahabbaspour](#) [#RIP](#) [#RespectAlways](#)

@PhilHeath Very thankful for each day being an opportunity for greatness. Thank God for allowing me to continue on this path injury free, happy & pumpD.

@big_ramy Just finished interview for *The Story for Oxygen* movie. It is a movie like *Pumping Iron*. Coming soon. [#compete harder](#) [#Road_to_Olympia](#) [#GAT](#) [#Gorilla](#)

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THE PUSH CHALLENGE

BSN's inspiring reality video series, *The Push Challenge*, features three contestants who trained with three-time Olympia 212 Showdown champ Flex Lewis and his world famous trainer, Neil Hill. When all was said and done, one contestant was named champion. FLEXonline.com/pushchallenge

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NEW



10 THINGS TO KNOW THIS MONTH

HIT LIST



WATCH

James Bond, played for the fourth time by Daniel Craig, hunts for the truth behind Spectre, led by Franz Oberhauser (Christoph Waltz). Also starring *Muscle & Fitness* cover guy Dave Bautista as a Spectre agent.

Nov. 6



GEAR

The Adidas Solar Boost is a lightweight running shoe to give your cardio workouts a boost. A stable EVA midsole coupled with the mesh upper makes this a top pick for performance and design.

\$80, adidas.com



DRINK

This tasty and refreshing beverage blows traditional soda out of the water. All 17 flavors are caramel-color-free, non-GMO project verified, and naturally sweetened by Stevia and monk fruit extract.

\$6, zevia.com



RECOVERY

The Performance Collection includes a Quadballer (firm muscle roller), Footballer, (a tiny roller for feet and calves), a baller block to elevate your leg, two TP Massage Balls, and a sleeve for packing the balls together. Relieve pain from muscle knots and soreness so you're always ready to push hard in the gym.

\$130, tpttherapy.com

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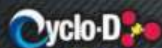
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Nov. 14, 2015
Las Vegas, NV



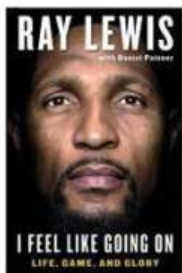
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Add the delicious powdered peanut butter to protein shakes, smoothies, or your favorite recipe for a low-fat way to satisfy your nut butter cravings. Contains 1.5 grams of fat and 6 grams of protein per serving. Available in four flavors.
\$6, ilovepeanutbutter.com



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50ml bottle,
\$100, esteviaparfum.com



READ

Two-time Super Bowl champion Ray Lewis delivers a memoir to be remembered in which he shares a raw, straightforward account of his life on and off the NFL field.
\$27, raylewisbook.com



PLAY

Track steps, distance, calories, sleep, and fitness goals. Of the 10 unique stainless-steel-case designs, the Elite is the most fashion friendly, boasting a leather strap and 46mm case. The Moment syncs data to the Runtastic Me app via Bluetooth.
From \$129, runtastic.com

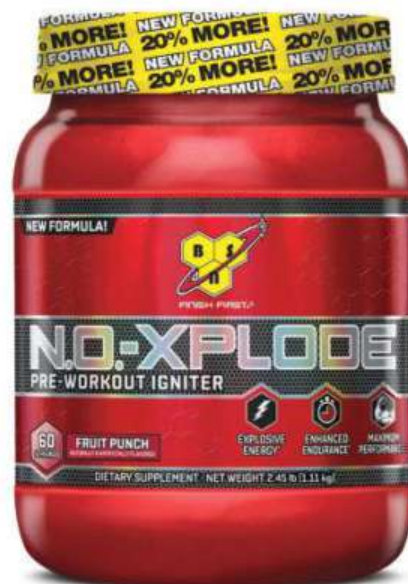


TRAIN

The Core Momentum Trainer moves from side to side as you rotate and swing the device, adding dynamic resistance to any exercise. Available in 2.2 lbs, 4.4 lbs, and 8.8 lbs.
\$110, escapefitness.com/us



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N.OX-FL1 ©2015 BSN® For best results supplements should be taken as directed over time, at maximum dosage in conjunction with a healthy diet and regular exercise program. Results may vary.

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- Dumbbell Chest Pull Over 3 SETS - 12-15 REPS PER SET
- Low Cable Cross Over 4 SETS - 12-15 REPS PER SET
- Butterfly Chest Fly Machine 4 SETS - 12-15 REPS PER SET

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- Barbell Bench 4 SETS - 8-10 REPS PER SET
- Barbell Bench 4 SETS - 8-10 REPS PER SET
- Barbell Bench 4 SETS - 8-10 REPS PER SET
- Barbell Bench 4 SETS - 8-10 REPS PER SET

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Mr. In

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- PAUSE SQUATS 4 SETS - 10-12 REPS PER SET
- FRONT SQUATS 4 SETS - 10-12 REPS PER SET
- BARBELL SQUATS 4 SETS - 10-12 REPS PER SET

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LOU FERRIGNO'S

MASS

CLASS

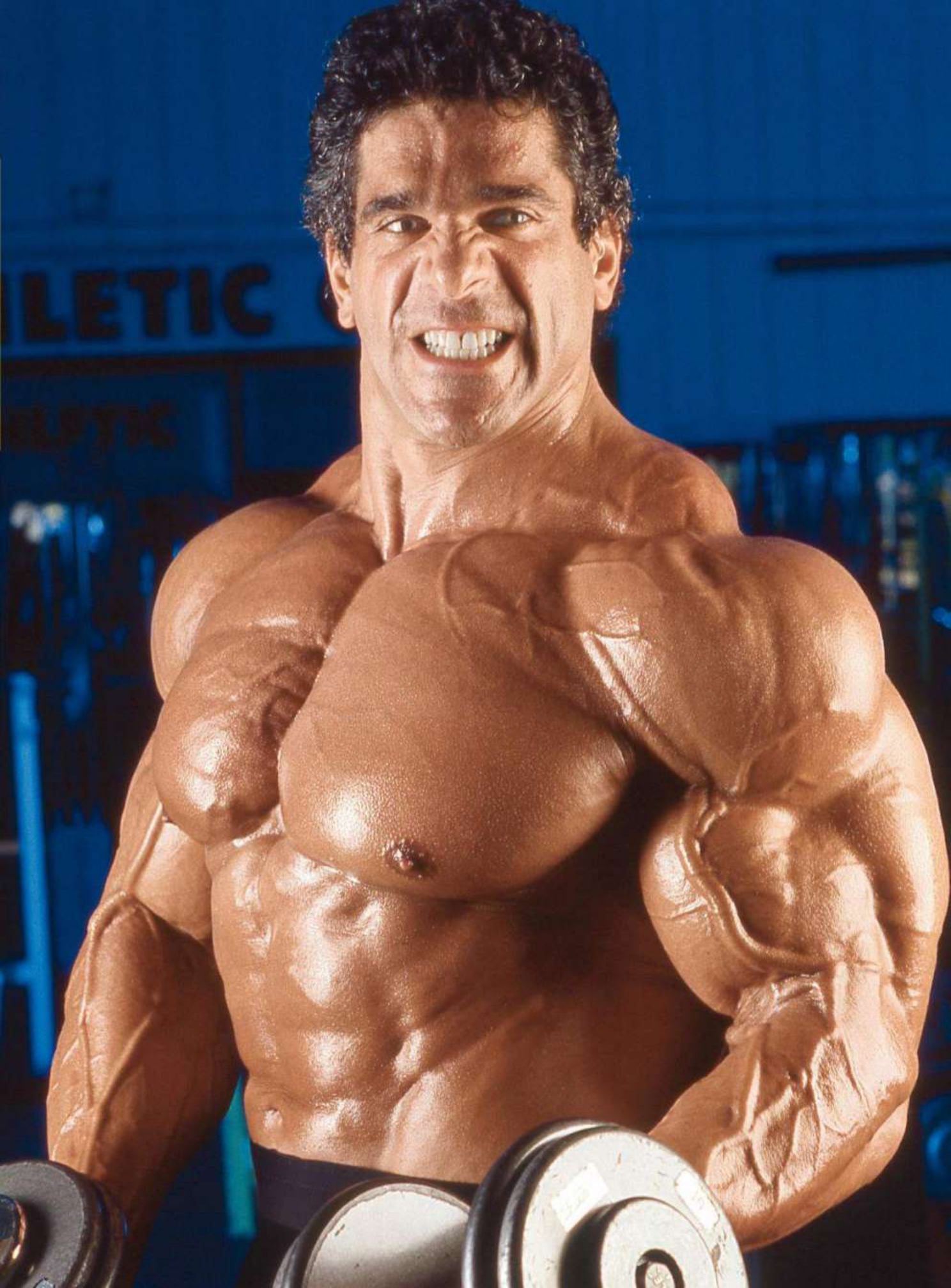
THE BODYBUILDING LEGEND SHARES HIS 30 BEST TRAINING TIPS FOR GAINING INCREDIBLY HULKING SIZE

BY GREG MERRITT PHOTOS COURTESY OF WEIDER HEALTH & FITNESS



Before and after he was the Hulk, Lou Ferrigno was bodybuilding's ultimate behemoth. When Arnold Schwarzenegger was winning Olympias at 235, Lou was 275. And when Dorian Yates was collecting Sandows at 265, Lou was 315. In fact, the future not-so-jolly green giant first broke the 300-pound barrier in the off-season at the age of 20—an unprecedented muscular body weight in the early '70s. At 6'5", he towered over competitors, but whereas most tall bodybuilders have trouble filling out, Ferrigno carried his mass proportionately with pleasing symmetry. He's the best over-6'2" bodybuilder of all time, and if he hadn't spent 17 years off posing stages, he may have collected a mantel full of Sandows. In celebration of what was and what could've been, Lou serves up his 30 best tips for hulking mass.

RALPH DEHAAN





His grip may look ultrawide, but it's not to a 6'5" Hulk.

PRESSING GRIP

"On chest-pressing movements, I see a lot of bodybuilders use an excessively wide grip. My grip for all my chest presses is only slightly wider than shoulder width. That gives me both a better stretch at the bottom and tighter contraction at the top."

BASIC TRAINING

"Focus first on the exercises that work the largest muscles and several muscles together. Get stronger on these basic lifts, and you'll grow. You could get a tremendous full-body workout with just squats, bench presses, and barbell rows."



3 DUMBBELL PULLOVER

"The dumbbell pullover is excellent for tying the chest and back together, hitting the serratus, and stretching the rib cage. I like higher reps on pullovers: 10 to 15 per set and sometimes as many as 20."

4 BIG DREAMS

"Everyone remembers that scene in *Pumping Iron* when I'm doing shoulder presses and shouting, 'Arnold!' over and over. I used Arnold to motivate my workouts. Coming up I looked up to people like Steve Reeves, Larry Scott, and Sergio Oliva, and I read a lot of comic books: *Superman*, *Batman*, and, of course, the *Fantastic Four*, with the Hulk. From an early age, I wanted to be as big and powerful as the Hulk. Those are the kinds of images that drive you through your hardest workouts."

5 CONTROLLING FATIGUE

"You can't let yourself get too fatigued from a single beyond-failure set—at least not near the start of your workout. If you do, your strength level will be too low for you to do justice to the rest of the workout."

6 PRE-WORKOUT PLAN

"I spend time at home before my workout thinking about what I have to train, the exercises, how I want to feel as I train, etc. I try to erase all negative thoughts from my mind. Then I go to the gym and put 100% into my workout."

7 BENCH PRESS

"Do benches in at least every other chest workout. They're the single best exercise for pecs, and they're great for shoulders and triceps."

8 AB ROUTINE

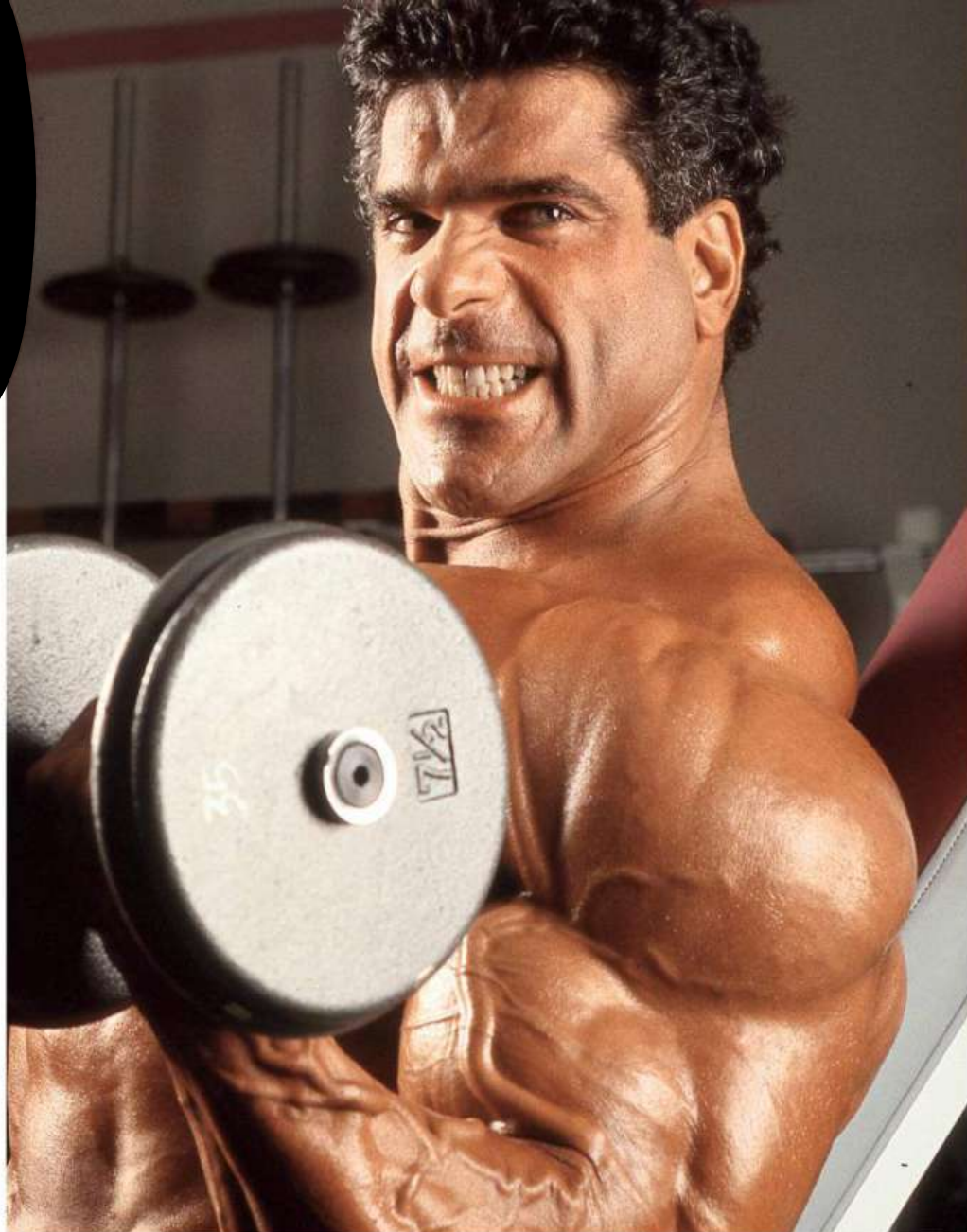
"Abs are not just for little guys. Even at 6'5", my abs were always among the best in any contest I entered. It's no wonder, since I gave them a lot of work. This is my giant set ab workout. I did all four exercises without resting. Then I rested for two to three minutes and did the next giant set. I repeated that one or two more times."

EXERCISE	SETS	REPS
Hanging Leg Raise	3-4	15-20
Roman Chair Situp	3-4	50
Bench Leg Raise	3-4	30-40
Crunch Side Bend	3-4	30-40

9

ARM WORKOUTS

"I prefer to work biceps with triceps, rather than hitting them on separate days. I usually start with biceps and finish with triceps, but sometimes I superset bi's and tri's."



10 UPRIGHT ROWS

"I do shrugs with a barbell or dumbbells, but I feel like the best exercise for my traps is the upright row. I sometimes do barbell upright rows, but I prefer to do these with a cable, because I feel a stronger squeeze at the top. With upright rows, it's essential to get your elbows as high as possible."

11 VARIETY

"I never use the same training program twice. I constantly play with exercise selection, the order of exercises, the body angle with which each exercise is done, poundages, sets, reps, pace, everything. That way, my muscles are unable to adapt to a specific routine."

12 HEAVY WEIGHTS

"I get size without going super heavy. Really heavy weights almost always lead to some form of injury. This is especially true on chest and shoulder presses, because there's a tremendous temptation to bounce the weight to cheat up a few more pounds."

RALPH DEHAAN

17 YEARS

Ferrigno's last contest before going green on TV occurred the day before he turned 24. Sub-200-pound bodybuilders won seven of the next eight Olympias. When Lou made his comeback, he was 41. His best years were spent on TV and movie sets, and his 17-year posing hiatus left a huge hole in bodybuilding history. How many Sandows could he have won had he competed in his prime?



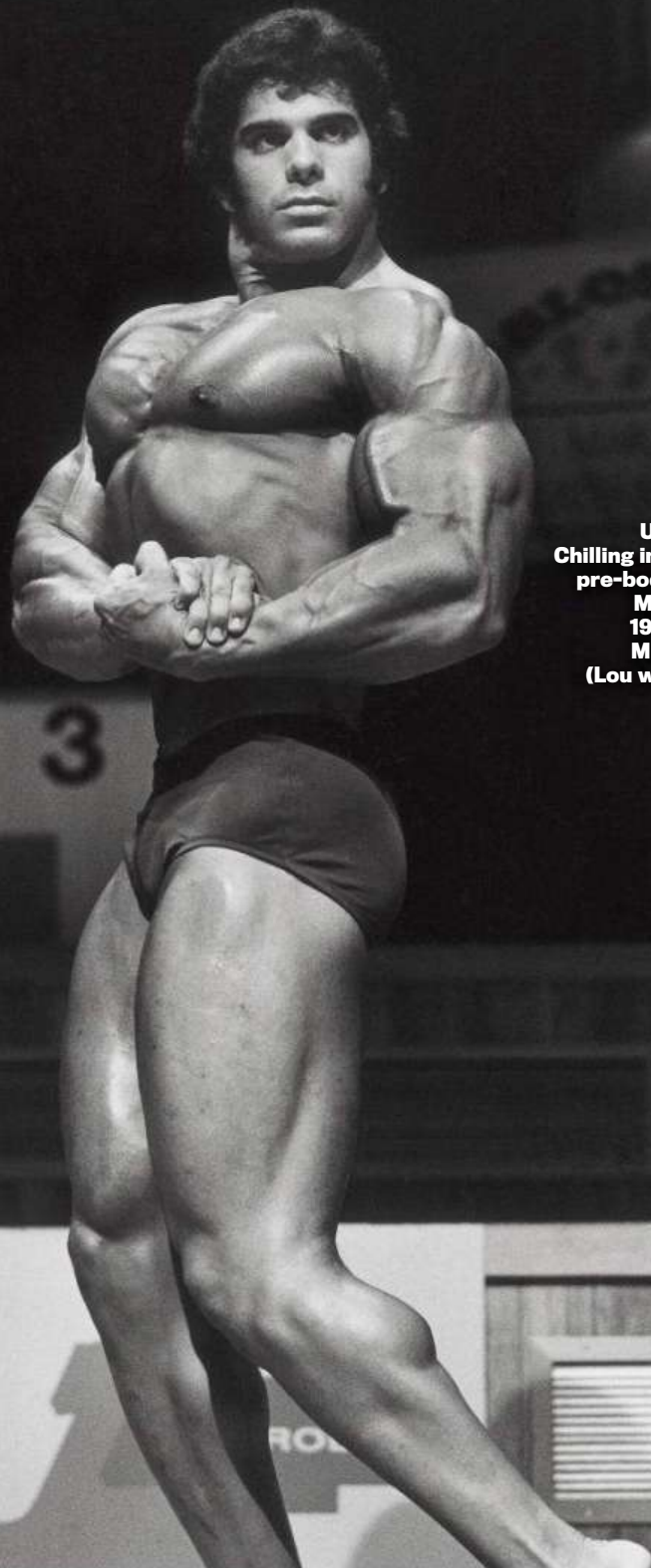
1973
Mr. America
1st Place
AGE 21



1973
Mr. Universe
1st Place
AGE 21



1974
Mr. International
1st Place
AGE 22

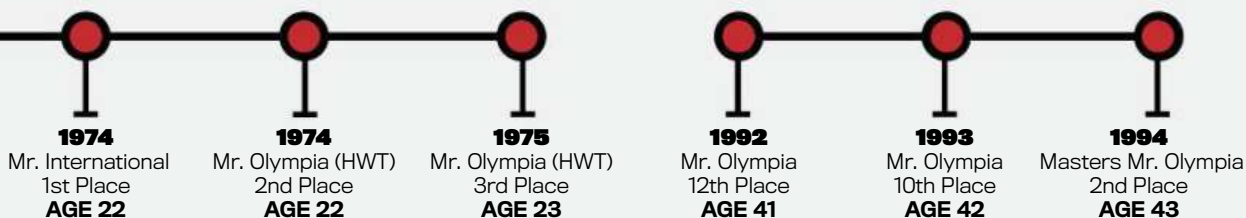


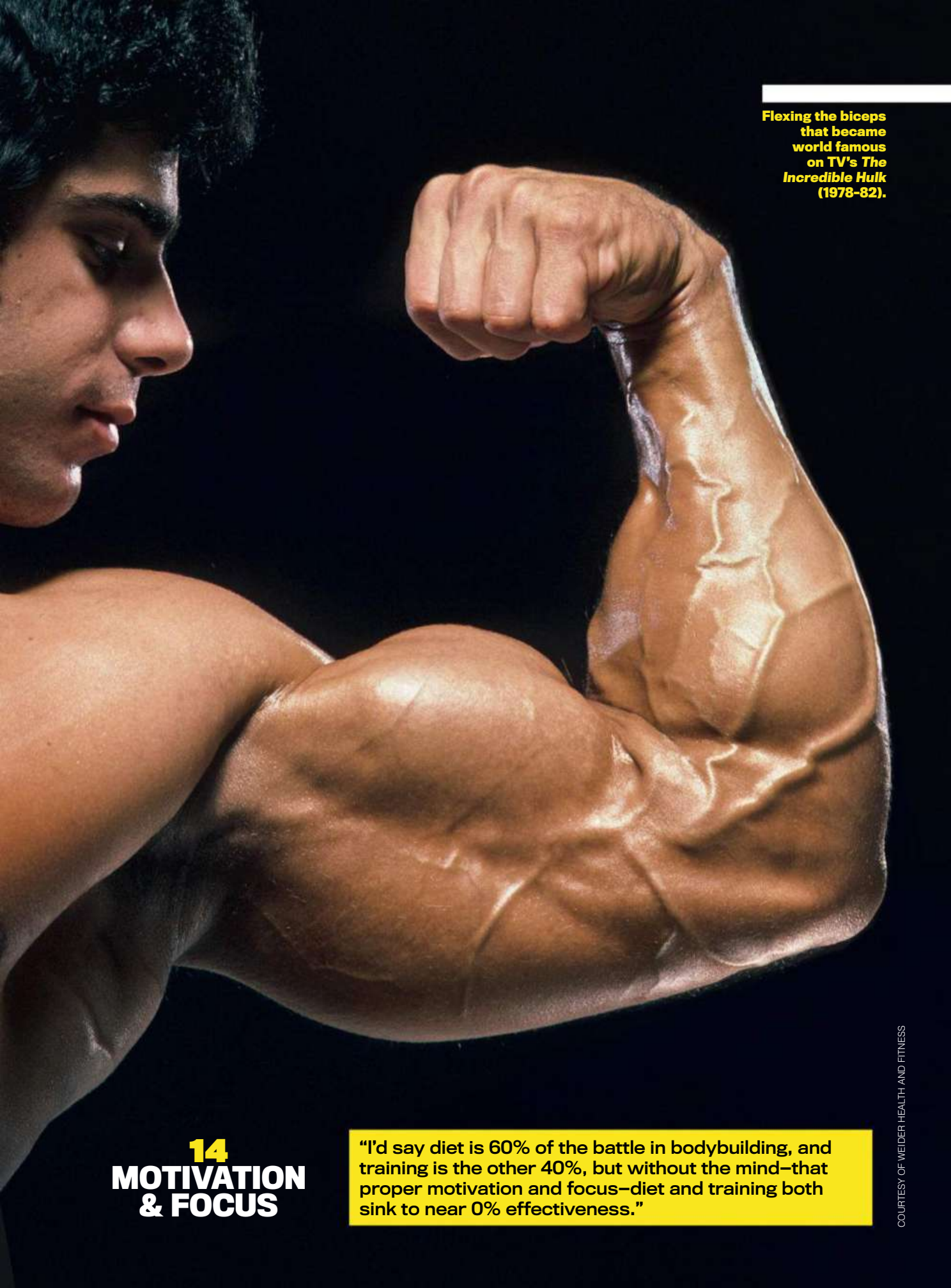
Upper right:
Chilling in Brooklyn,
pre-bodybuilding.
Middle right:
1971 Teenage
Mr. America.
(Lou was fourth.)



13 BENEFITS

"Whenever I don't feel like doing another workout or eating another chicken breast, I only have to remind myself of the benefits of this lifestyle. I owe everything to bodybuilding. The training I did to build my physique taught me how to work toward a goal with great intensity and total dedication. Bodybuilding has also taught me to be persistent, to be self-reliant, and to look at myself objectively. And most important, bodybuilding dramatically improved my self-image, allowing me first to achieve average confidence after years as a shrinking violet, and later to assert myself as a bodybuilder, actor, and public personality."





**Flexing the biceps
that became
world famous
on TV's *The
Incredible Hulk*
(1978-82).**

14 MOTIVATION & FOCUS

"I'd say diet is 60% of the battle in bodybuilding, and training is the other 40%, but without the mind—that proper motivation and focus—diet and training both sink to near 0% effectiveness."

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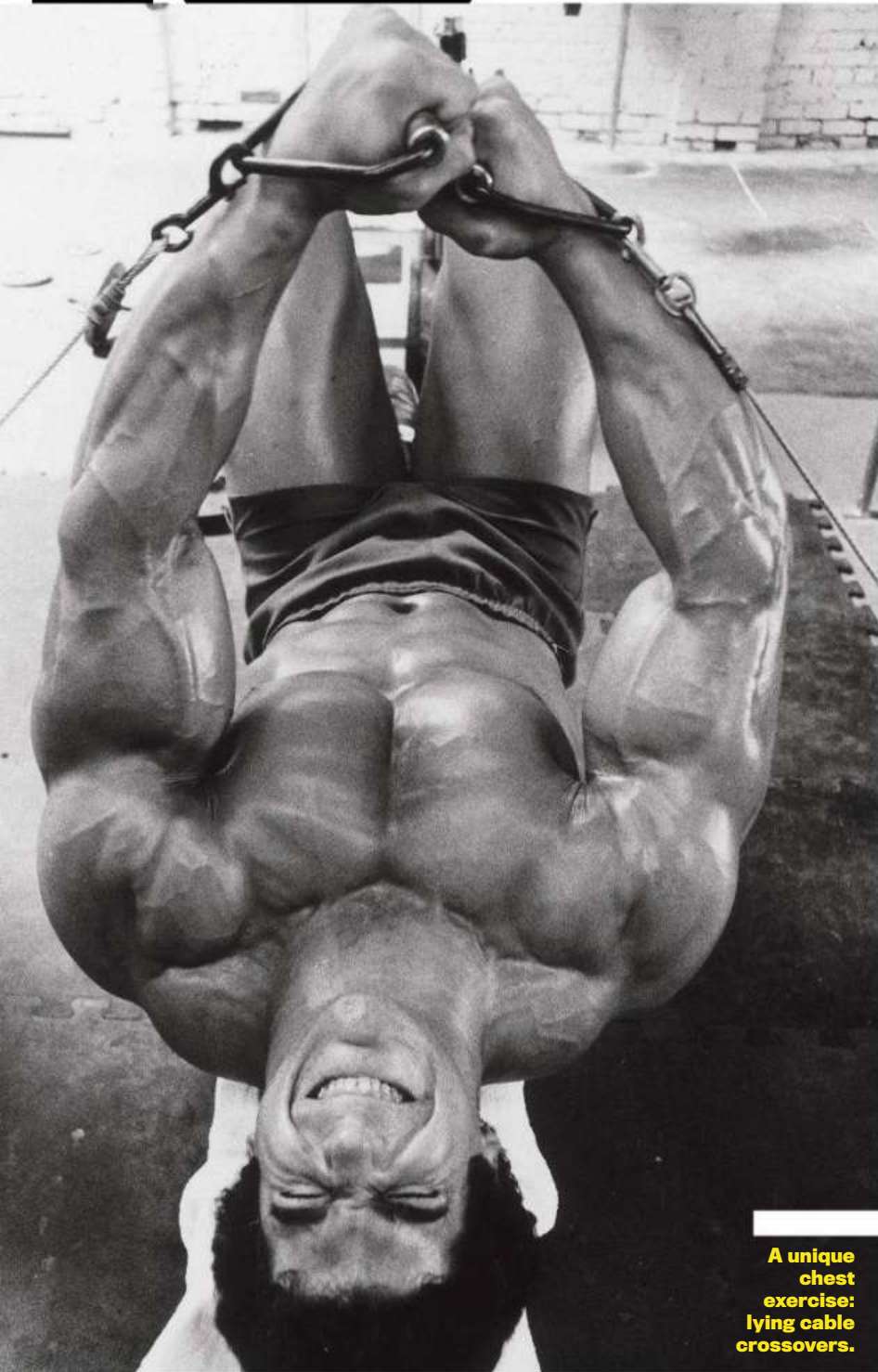
EUROPE

POPEYE'S

15

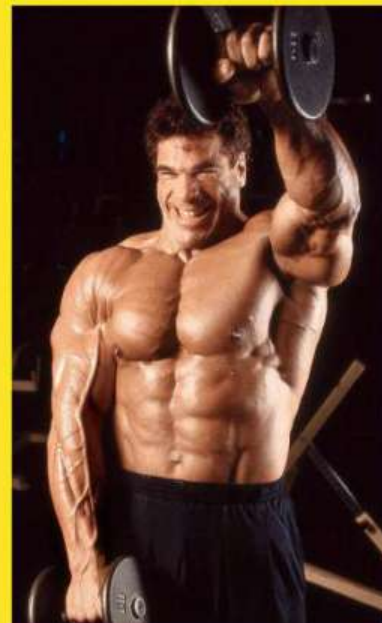
FORCED REPS

"I do a lot of forced reps. I reach failure or near failure, and then my partner removes just enough stress for me to get two to three more forced reps."



A unique chest exercise: lying cable crossovers.

16 SHOULDER ROUTINE



"My shoulders were built mostly with overhead presses. I do both behind-the-neck barbell presses and front presses, either with a machine or a barbell, in most every workout, five sets of each. That's 10 sets of overhead presses before I get to the laterals and front raises."

EXERCISE	SETS	REPS
Behind-the-neck Press	5	10-12
Front Press	5	10-12
Dumbbell Side Lateral	5	10-12
Dumbbell Rear Lateral	5	10-12
Dumbbell Front Raise	5	10-12

17 ISO-TENSION

"Prior to a contest, I tense my muscles a lot between sets, and I also practice posing at home. Joe Weider taught me how to use iso-tension to bring out more details in the muscles."

18 FRONT RAISES

"I feel like I get more out of alternate dumbbell front raises if I raise the dumbbell either up the center line of my body or slightly across the center line."

COURTESY OF WEIDER HEALTH AND FITNESS; INSET: RALPH DEHAAN

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LOVE STAR

EUROPE

POPEYE'S

19 QUAD EXERCISES

"My favorite exercises for quads are leg extensions, hack squats, and front squats, keeping the reps in the 10-to-15 range. There were times when I went heavy for lower reps. However, I've always made my best leg gains with moderate reps."

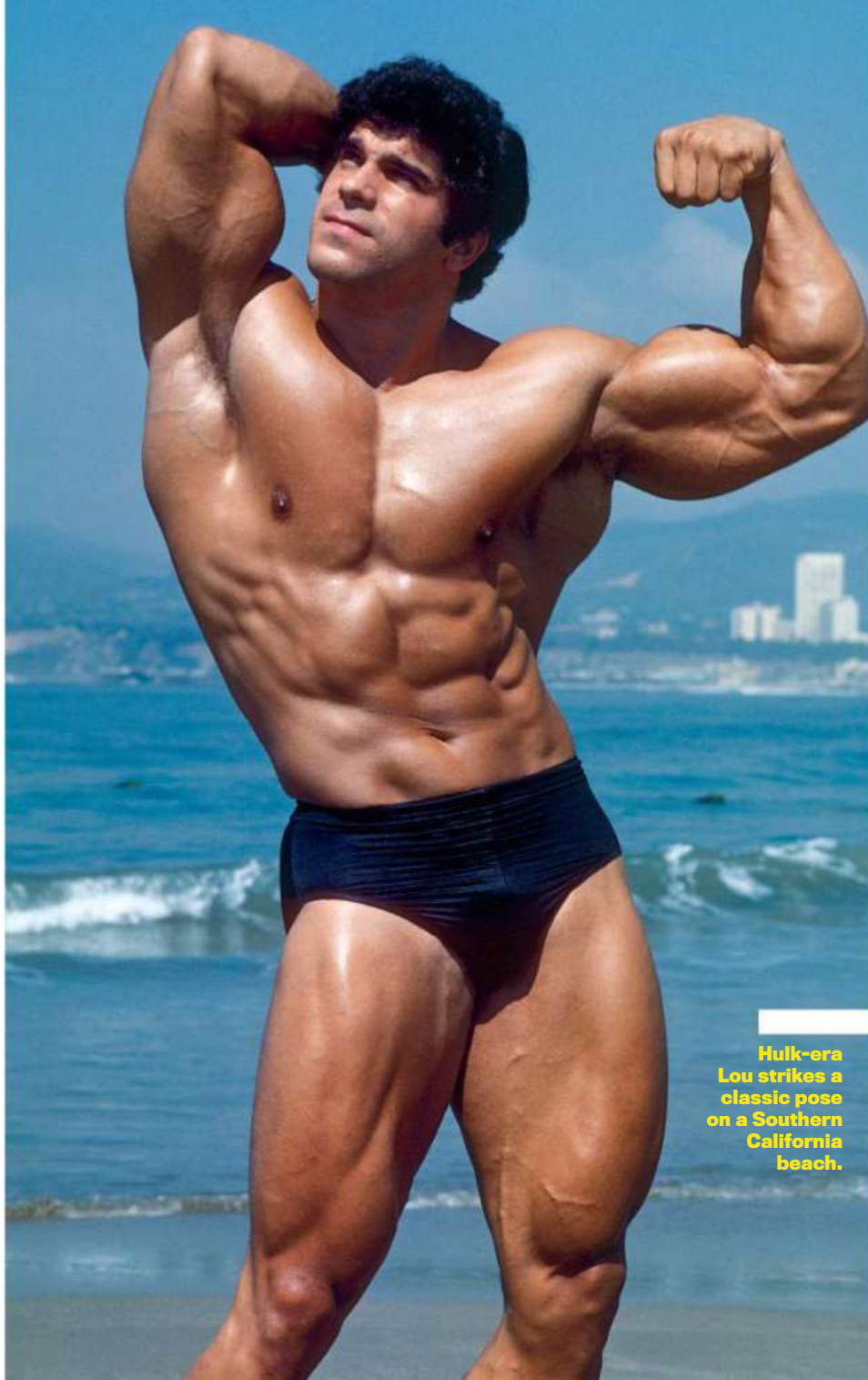
20 FOREARM ROUTINE

"I wasn't one of those lucky guys whose forearms grew just from holding weights. I worked very hard for my forearm development, training them three times per week. I mostly stuck to barbell wrist curls and reverse curls, but I sometimes did barbell reverse curls, too."

EXERCISE	SETS	REPS
Wrist Curl	5	15-25
Reverse Wrist Curl	5	15-25

21 CABLE SIDE LATERALS

"Occasionally, I do my side laterals with a cable. These allow me to raise the handles well above shoulder level and maintain tension, so I get a longer range of motion."



Hulk-era Lou strikes a classic pose on a Southern California beach.

MEASURING PROGRESS

"For the first few years, I was weighing myself and measuring my arms and chest. It was inspiring to see those numbers getting bigger. But eventually the mirror became a much more useful tool than the scales or the tape measure. The mirror, photos, and objective observers will tell you that you're gaining muscle and losing fat in the right places."



Eric Nelson Photography



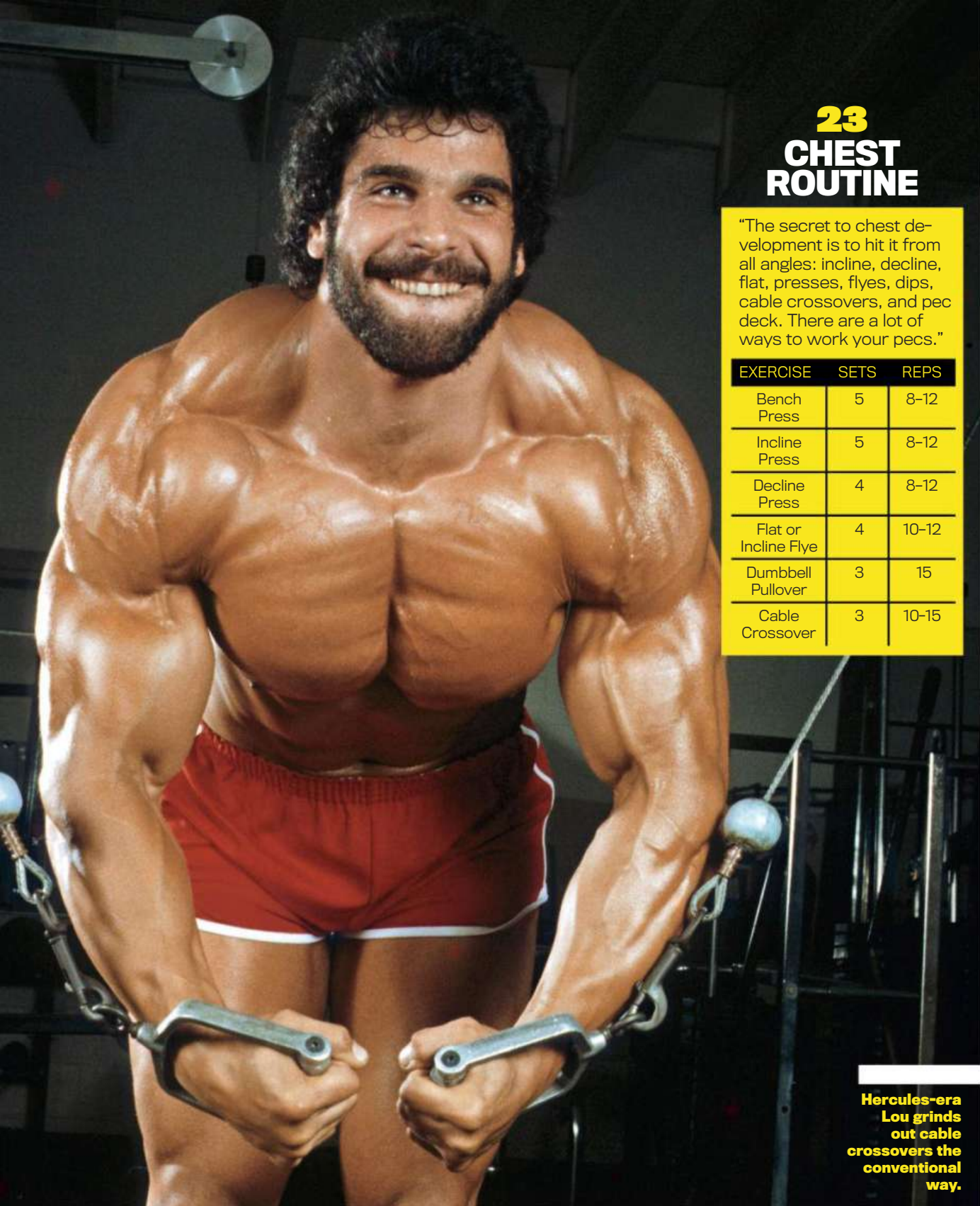
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23 CHEST ROUTINE

"The secret to chest development is to hit it from all angles: incline, decline, flat, presses, flyes, dips, cable crossovers, and pec deck. There are a lot of ways to work your pecs."

EXERCISE	SETS	REPS
Bench Press	5	8-12
Incline Press	5	8-12
Decline Press	4	8-12
Flat or Incline Flye	4	10-12
Dumbbell Pullover	3	15
Cable Crossover	3	10-15

Hercules-era Lou grinds out cable crossovers the conventional way.

24 CALF WORKOUTS

"I like to devote one calf workout to the soleus muscle with seated calf raises (10 to 12 sets of six to 10 reps) and the next calf workout to the gastrocnemius with standing calf raises (10 to 12 sets of 15 to 20 reps)."

25 RECUPERATION

"Recuperation is the forgotten component of muscle building. Try to get at least eight hours of quality sleep each night, and try to find ways to relax both your body and your mind outside of the gym."

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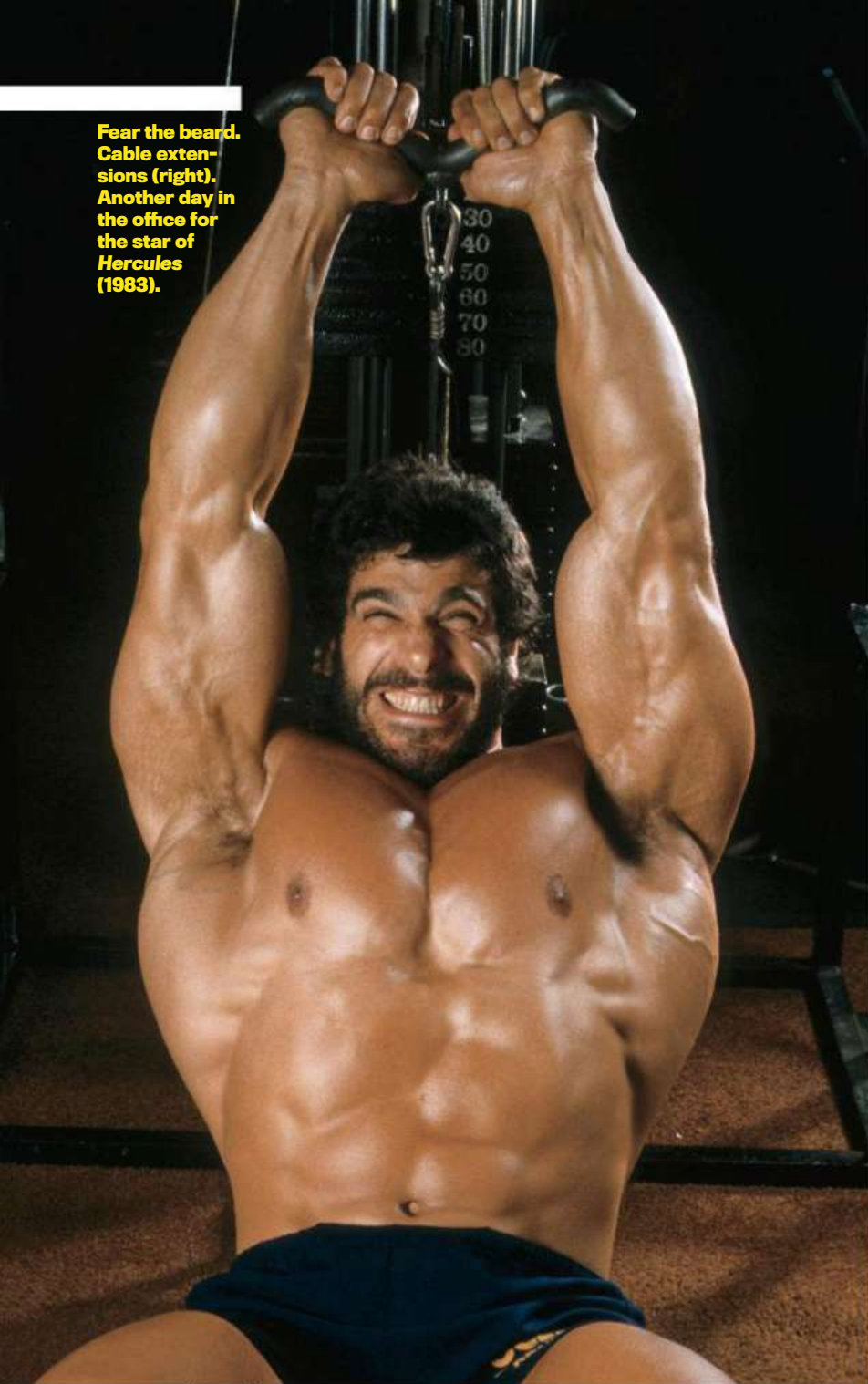


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Fear the beard. Cable extensions (right). Another day in the office for the star of *Hercules* (1983).



LOU MATCH GAME

Match Lou's character name with the corresponding movie or TV show.

- | | |
|---------------------|-----------------------|
| 1 Security Guard | A Ping! |
| 2 King Steele | B The New Mike Hammer |
| 3 Dogcatcher | C The King of Queens |
| 4 Ranger John Jones | D Chuck |
| 5 Sofia's Bodyguard | E Hulk |
| 6 Lou Ferrigno | F Frogtown II |



Hulk hungry!

26

LOCKING OUT

"On exercises like chest and shoulder presses, squats, and leg presses, when you lock out and fully straighten your elbow or knee joint it's a resting point. There's very little stress then. This is why I usually like to stop my reps a little short of lockout. But this can change near the end of a set when I might need those little rests to keep going."

Answers 1.e., 2.b., 3.a., 4.f., 5.d., 6.c.

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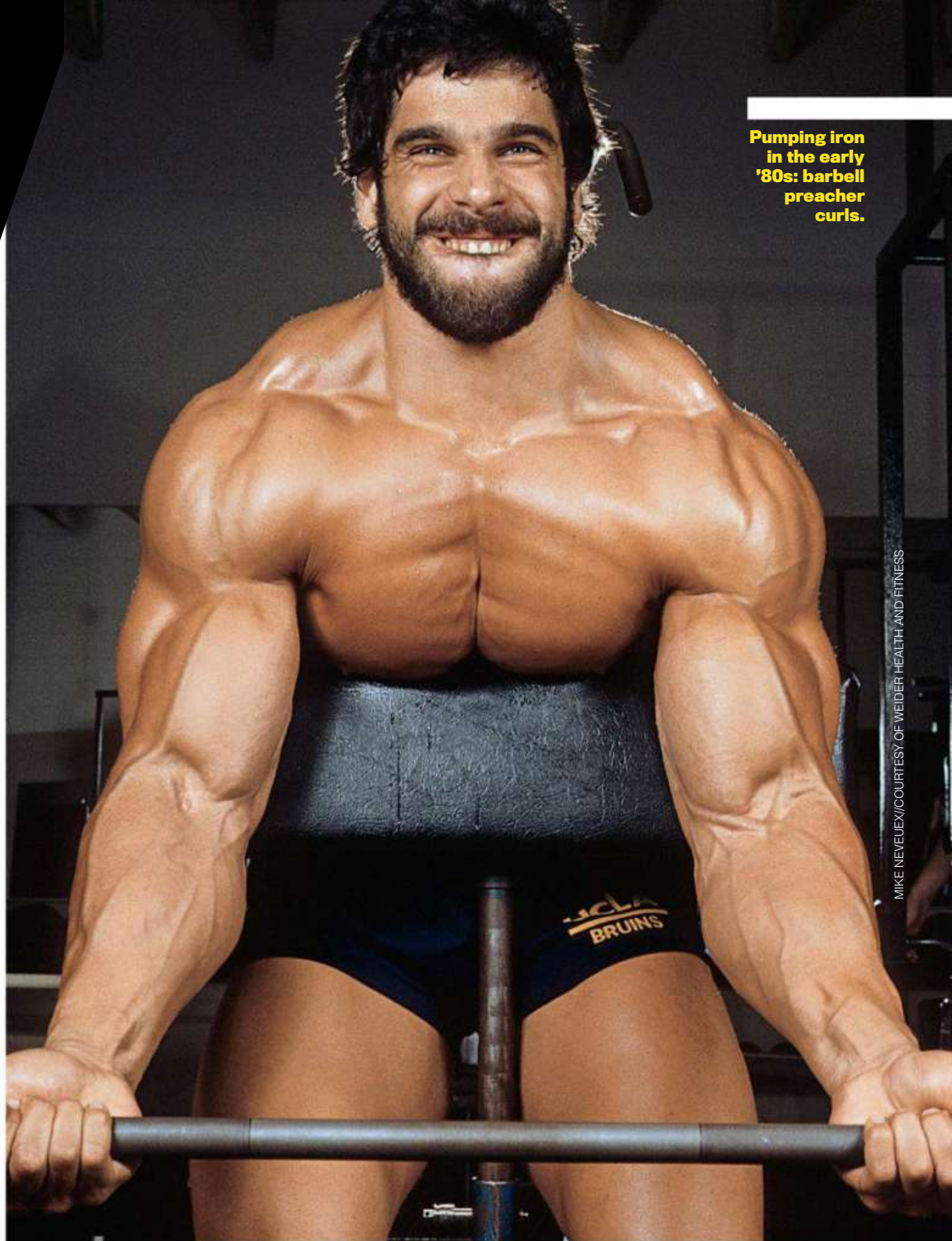
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NEGATIVE POSITIVES

"Keep your muscle flexed on the negative portion of the movement, and never let gravity do the work for you. If you're working both parts of the movement, positive and negative, you get twice the workout."



Pumping iron in the early '80s: barbell preacher curls.

MIKE NEVEUX/COURTESY OF WEIDER HEALTH AND FITNESS

28 PARTNER

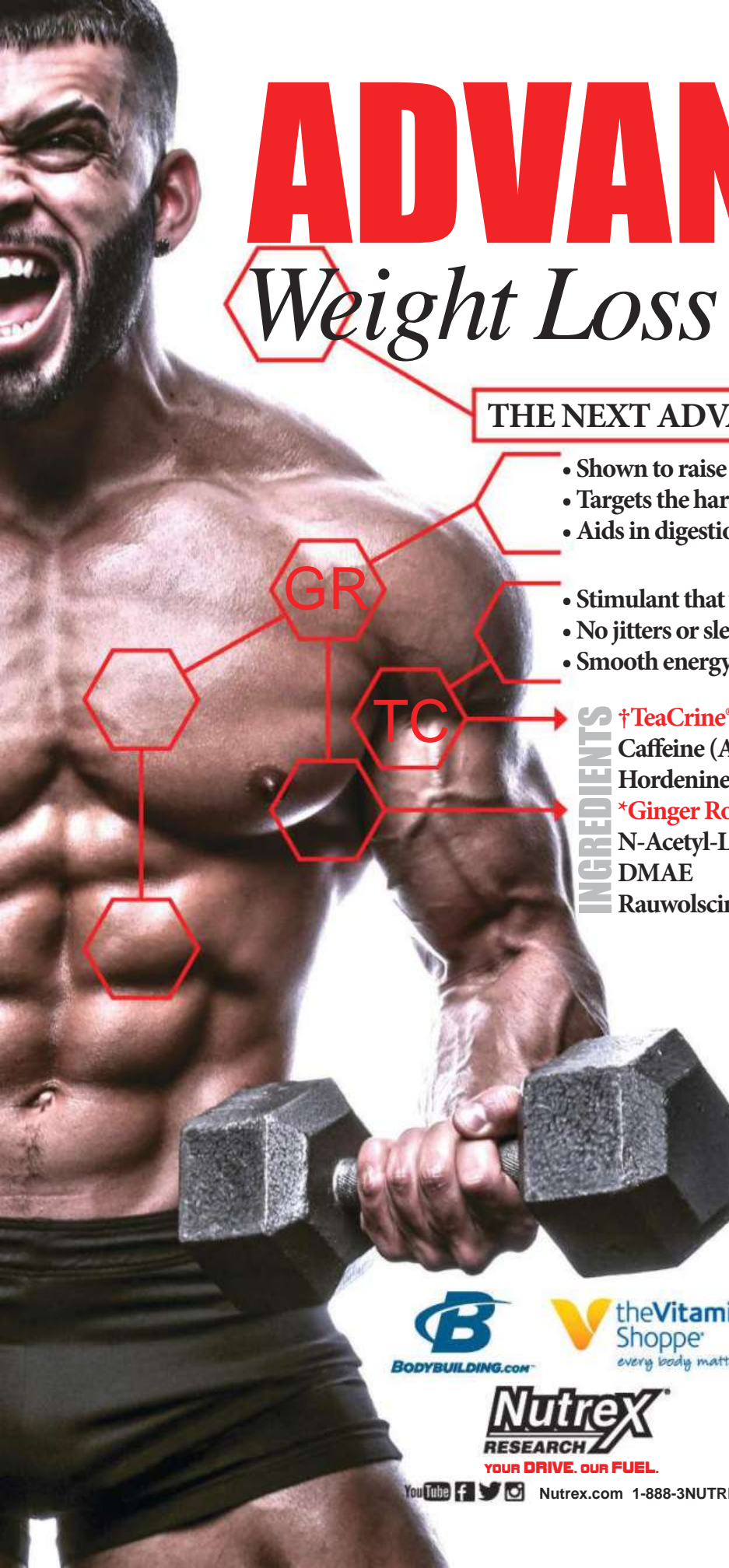
"At various times, I trained with other pro bodybuilders. If I train with a partner, I want that person to be as strong as I am and go with the same intensity I do. I need someone to push me on every set. A partner isn't just there for someone to talk to; that would only hurt my workout. A partner is there to drive me to use more weight and get more reps."

29 INSTINCTIVE TRAINING

"To grow consistently, you need a willingness to learn from experience. Monitor what works best, what works less well, and what doesn't work at all. Then be willing to change. Sometimes a favorite exercise isn't that effective. And sometimes the exercise you hate doing is exactly the one you need to do every time, because it works."

30 BACK FOCUS

"When hitting back, think of your hands and arms as merely tools between your back and the weight. Bring your elbows down and/or backward with back flexion. Think of a tug-of-war competition. In a tug-of-war, pulling with your arms will exhaust you quickly because you'll fail to maximize power. You have to pull with your back. Forget your arms." **FLEX**



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LOU FERRIGNO

1975, Pretoria, South Africa

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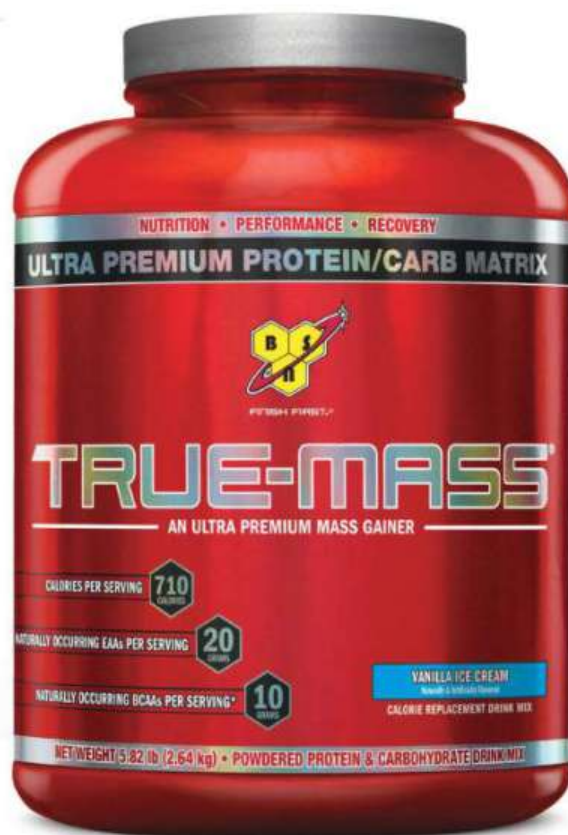
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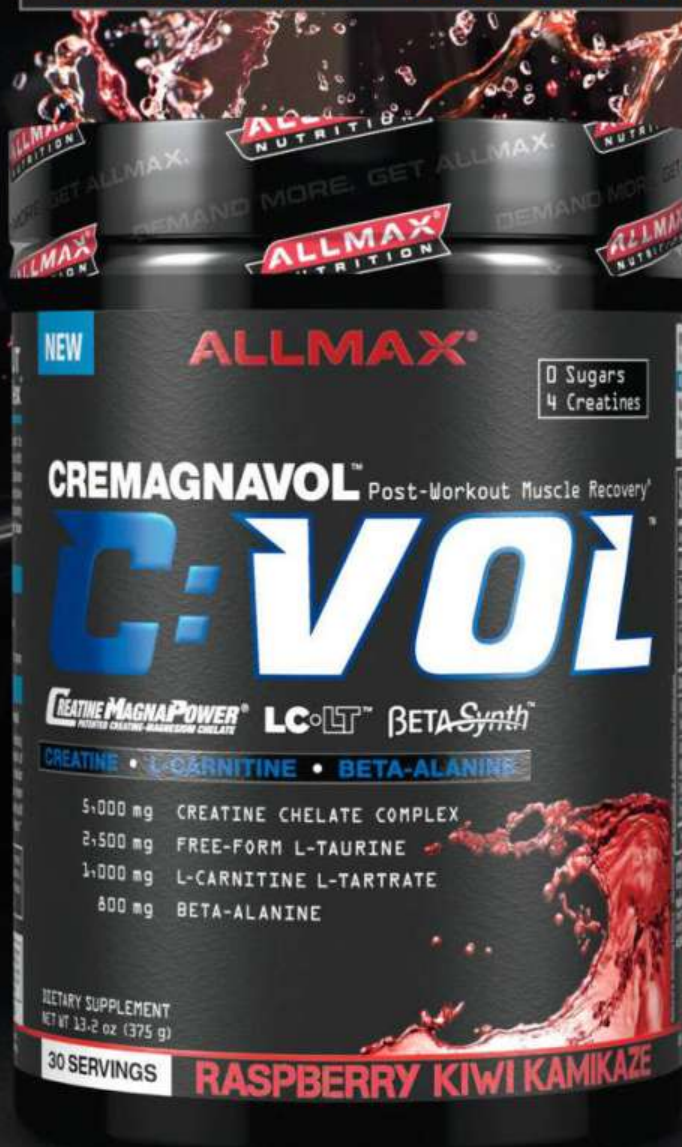
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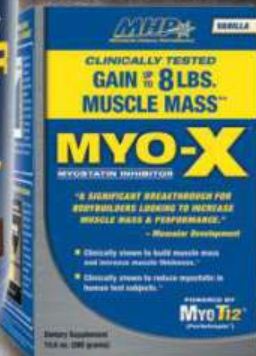
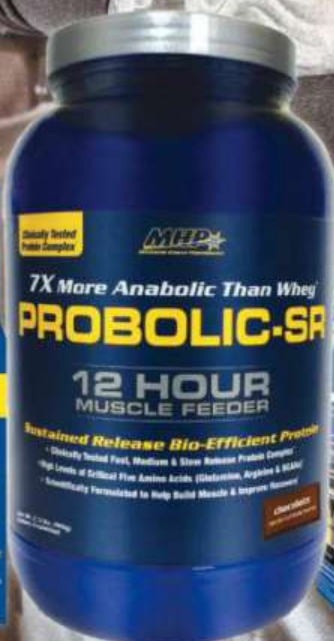


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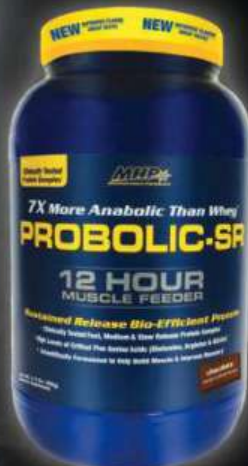


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2011 Arnold Classic Europe
2013 Toronto Pro Champion

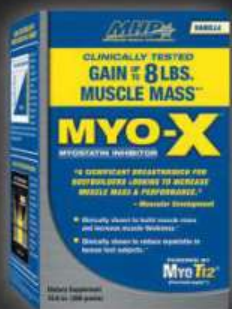


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FORMULA 19

The origin of this product dates all the way back to the 90's. At a very young age, I was mentored by a brilliant man, and I don't use the word brilliant loosely. This mentor happened to be a bodybuilder who was also pioneering a customized degree program from UConn based around Exercise Science and Chemistry. This gentleman was the first to preach the importance of the Anabolic Window to me. It is at times argued, but universally understood, that within 60 minutes post-workout, your body becomes a nutritional black hole, ready to suck up everything like a sponge. While training hard, you burn up all of your glycogen and stored nutrients, and afterwards your blood sugar is low, leaving your body starving for nutrient-rich recovery.

I have dedicated my body to science for years, collecting data, and trying every possible post-workout concoction under the sun. I have tried all sorts of carb sources, from grape juice, to sports drinks, to pure dextrose, and more recently, highly-branched cyclic dextrin. I have tried every single amino acid product known to man in every single dose possible. After 19 years of trial and error, I came up with a formula that kept my pumps for hours and accelerated my recovery, as well as dramatically reducing soreness. This concoction consisted of 5 key elements that I was buying separately and mixing together. I began passing my findings on to hundreds of clients who were either speechless, or overjoyed at what was happening to their bodies. I had what I called "The Ultimate Post-Workout Concoction" and I was always excited to share it. I had this figured out when I first started Blackstone Labs, but it wasn't until 3 years later where a fan, who had received advice from me on periscope, reached out to me via email to tell me "Thank you so much, this concoction has been amazing! When will Blackstone Labs be putting this out?"

EUREKA! How could I not make this available? In an industry where selling products with crazy one-word, action-packed names is the norm, I decided to just name the product after the amount of time it took me to discover it. It literally took me 19 years to find this perfect recipe for success and the name really means something to me. So to keep it simple, I give you: Formula 19.



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ALL THE HOT TOPICS IN BODYBUILDING AND FITNESS

1ST SET

Does Mr. Olympia Phil Heath get along with his rivals? And what gym habit really irks him? Find out!

PAGE 64

Dave Draper talks old-school methods that never go out of style.

PAGE 66

How Weider Athletes gorge on Thanksgiving, cope with stress, and more!

PAGE 68

Looking good outside the gym is a challenge when you're sporting leg-size arms. Here's how Flex Lewis does it.

PAGE 70

PAGE 72

SIZE RULES

WANT SHOULDERS LIKE THE THING? TOM PRINCE SHOWS YOU HOW TO SCULPT 'EM.

AFTER THE O

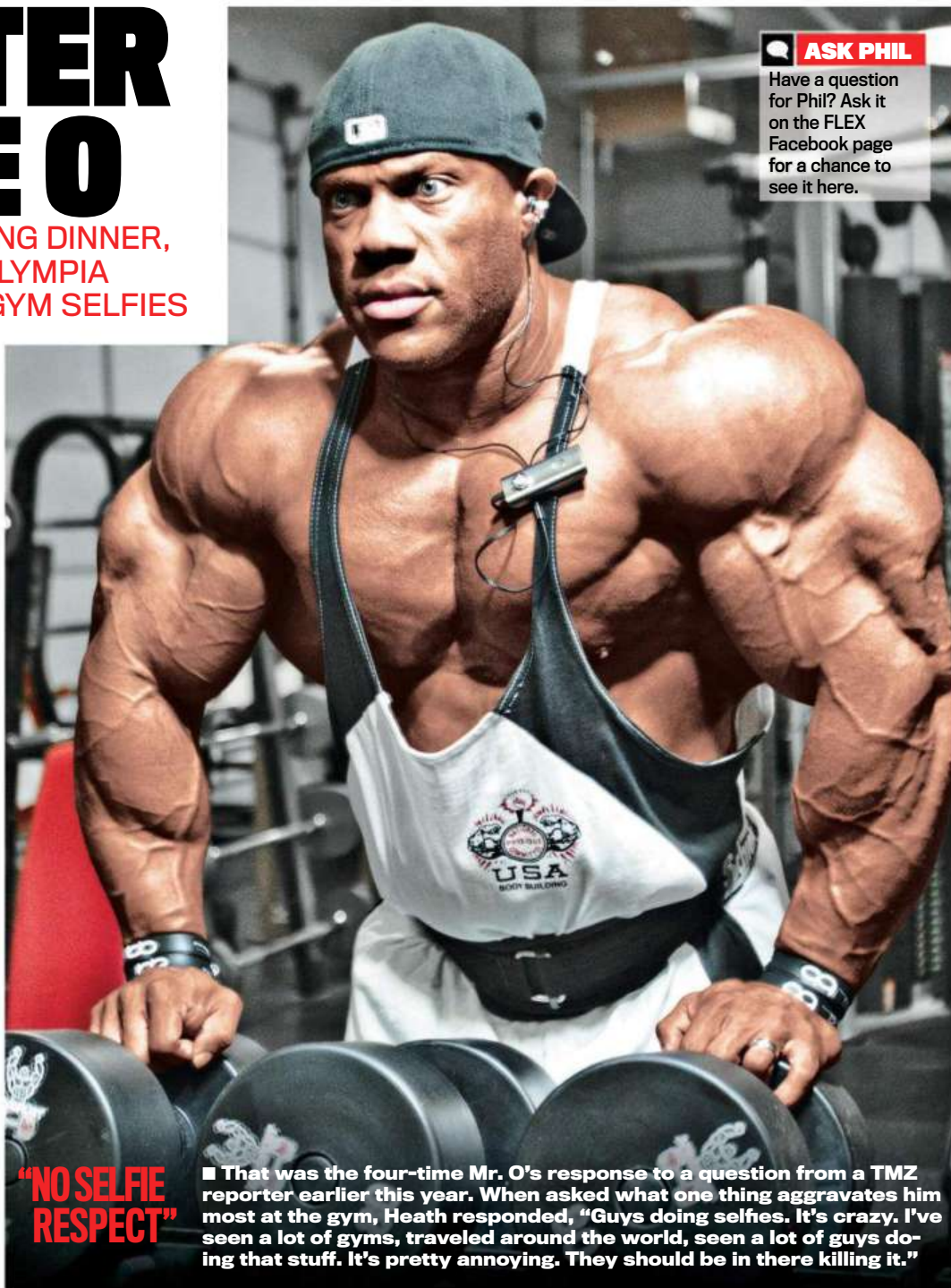
THANKSGIVING DINNER, THE POST-OLYMPIA TOUR, AND GYM SELFIES

Q What is it like traveling with other pros after the Olympia?

We see each other day-to-day, and because we're in places where everyone speaks another language, the other pros are the only ones to converse with. This allows us to get to know one another better than if we were running into each other only at contests.

What is your strategy for dealing with Thanksgiving?

I have no set plan other than eating too much turkey, having some pecan pie, and watching football.



"NO SELFIE RESPECT"

■ That was the four-time Mr. O's response to a question from a TMZ reporter earlier this year. When asked what one thing aggravates him most at the gym, Heath responded, "Guys doing selfies. It's crazy. I've seen a lot of gyms, traveled around the world, seen a lot of guys doing that stuff. It's pretty annoying. They should be in there killing it."



Q Can you share a chest workout for incline, decline, and flat bench? Any tips?

I don't do any decline movements, and I only do flat-bench presses with dumbbells.

EXERCISE	SETS	REPS
Incline Dumbbell Press	4	8-10
Flat-bench Dumbbell Press	4	8-10
Flat-bench Dumbbell Flye	4	8-10
Smith Machine Incline Press	7*	6-8

*FST-7's sets performed with minimal rest.

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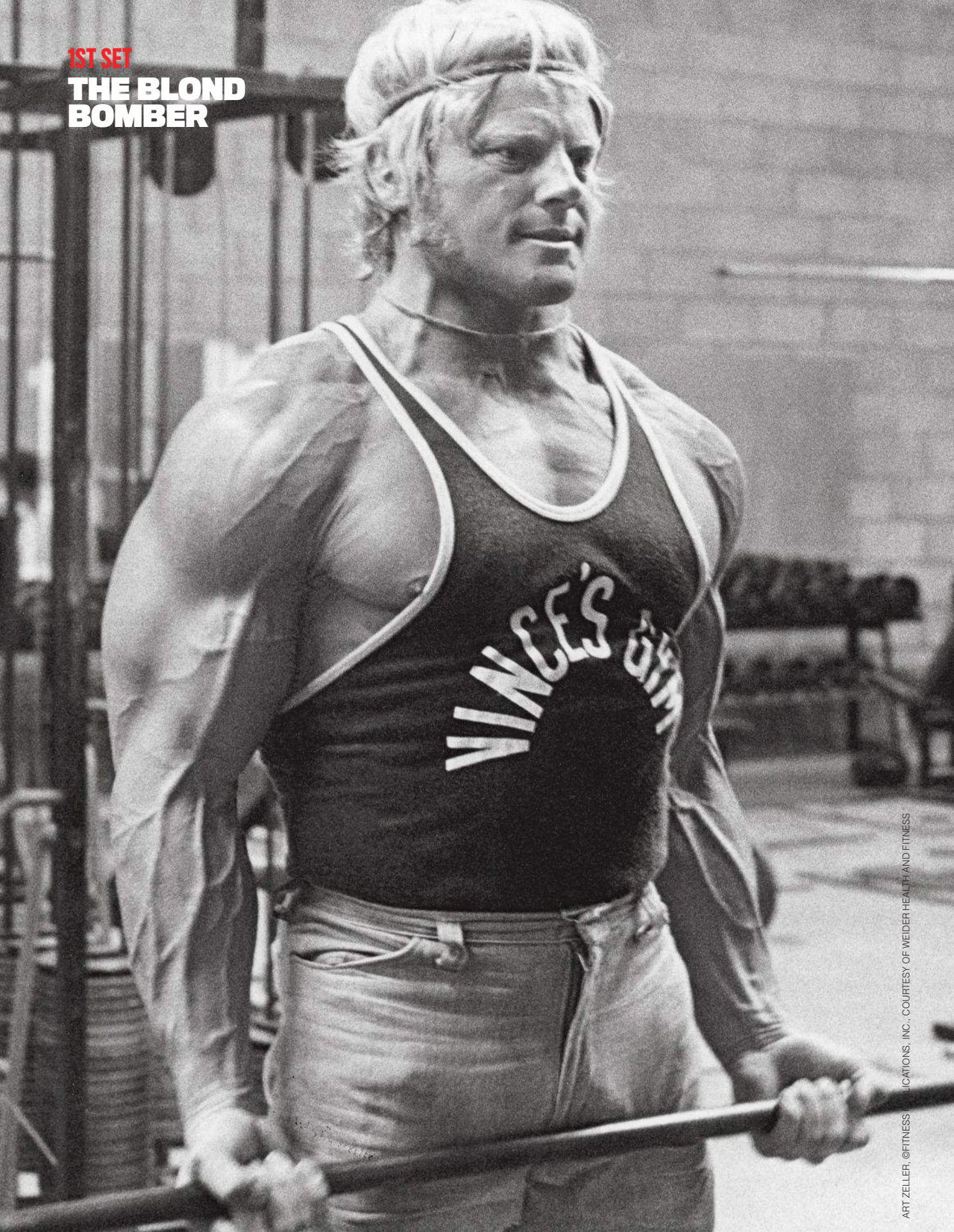


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1ST SET
**THE BLOND
BOMBER**



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BY DAVE DRAPER

MAKING MUSCLE

A THINKING MAN'S APPROACH TO PACKING ON MUSCLE

When I think about my mass-building workouts and reflect on the changes I'd make while applying the experience and knowledge I've gained over the nutty years gone by, I realize that nothing has changed. I'm still me in an older body practicing the same basic combinations to fulfill the same basic needs; eating the same basic menu to sustain the same basic muscle.

Early on in the '60s I trained each muscle group three times in a six-day workout week. Today, I think more rest is healthier and more productive. For most of you, I prefer a five-day week hitting the muscle groups twice each week. A three on and one off, two on and one off with maximum intensity and slugging pace sounds just about right.

I used to train chest specifically only once a week. The second half of the training week had me condensing the shoulder and chest routines. Hoping to work on my pressing power as part of the "mass intentions," I'd put one pressing early in the week to match the winging-it power workout. The mid-to-steep incline sufficiently bombs both high chest and shoulder mass. The inclusion of dips for arms would, with focus and body positioning, further the chest cause. Plenty of hard and complete pec work without overload is provided. Too much repetitive, heavy benching is tough on the rotators

over the years ahead, and I don't recommend it for anyone.

I've always loved wide-grip chins to the front with a nice arch for a big and wide back. Pull-downs to the front are also wonderfully effective for achieving lat development—the only substitute if you're not ready for chins. This superset, or any superset done with an aim for mass, will help build solid muscle by the pounds, in time, providing your menu is as sound and particular as your training.

Don't be misguided to believe supersets are only for getting ripped. You can still handle the poundage as you condition yourself and plan ahead.

Bentover rows are a major, comprehensive mass builder. They fall into the category of squats and deads in that so much of the muscle

system is involved that entire body growth is stimulated. Over the years, I always went once a week on barbell rows to save the lower back from overload. One-arm dumbbell rows with a supportive three-point stance allow us to go heavy without excessive lower-back demand.

And with those you have the advantage of varying the range of motion and contraction that only dumbbells can provide. Here, too, a power program can be implemented to get all-over mass and thickness. Train hard and enjoy it.

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GIVING THANKS

FEASTING ON TURKEY DAY, PLAYLISTS, HOME THEATERS, AND MORE

STEVE KUCLO

What's the best cardio for leaning out: HIIT, slow or fast running, StepMill?

Right now, for me, it's weighted HIIT, pushing a sled.

How do you combat anxiety at a contest?

Primarily by prayer. I'm strong in my faith—just put it in God's hands. After putting in hard work, it's time to show it off. Focusing on myself and the changes I've made.

How much longer do you plan on competing?

I'm just getting into my 30s. If everything works out, I've got a good 10 years ahead of me.



JUAN MOREL

What's your diet strategy for Thanksgiving?

Oh, I don't hold back. My mom makes two turkeys, one oven baked and the other fried and covered with gravy. I eat everything.

What is your favorite pastime outside of bodybuilding?

Spending time with the family and watching movies. I'm a big movie fan. I've got a great home theater set up at my house.



DANY GARCIA

How do you feel about the end of the Ms. Olympia contest?

It's sad, because it's part of the legacy of bodybuilding. But sports are reflective of society, connecting to society and changing with it.

Who is on your workout playlist?

Kanye, Tupac, Young Buck, music from the HBO series *Ballers*—unabashed plug, that's one of my projects, but it's also in rotation on my playlist right now.



CODY MONTGOMERY

Q Which pro bodybuilders do you admire?

Jay Cutler and Flex Lewis, both of whom have represented bodybuilding in such a positive, humble, and professional way that it's hard not to be a fan. Also, Chris Cormier has been a mentor since I met him at Gold's Venice when I was 17 years old.

What is your favorite pastime when you're not bodybuilding?

I spend a lot of time watching sports, working on classes or with clients on the computer, and hanging out with friends. I'm typically a homebody and feel this is the best way for me to stay focused on my training and diet.

What are your traditions for Thanksgiving?

I will typically either have a full cheat day or approach the home-cooked holiday food as a replacement for a few of my meals that day. I try to train during the early afternoon so I can put the extra calories to work.



MAMDOUH "BIG RAMY" ELSSBIAY

What do you like most about Kuwait City?

It is a very safe city, and it has one of the best gyms in the world, Bader Boodai's Oxygen Gym.

What's on your workout playlist?

I listen to R&B and the Holy Quran.

Is stretching part of your workout?

Yes. I do static stretching after every workout, and I hold each stretch so it goes deep into the muscle and fascia. Stretching helps the fascia expand, which helps the muscle grow.



PER BERNAL; CHARLES LOWTHIAN

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PAY BACK

THE CHAMP ON CHARITY, THE CHALLENGE OF CLOTHES SHOPPING, WHY HE LOVES BIKINI GIRLS, AND MORE

Q Do you support a charity?

I've supported different charities over the past few years. We've raised money for cancer groups at my contests, and we've held events where we've donated a portion of the Flextraordinary website sales to the Men Against Breast Cancer foundation during Breast Cancer Awareness month.

My mother battled breast cancer twice so it's a cause that is close to me. [My mom is cancer-free now. She has a great mindset, and although the process was painful, she's come out of it with a new way of viewing life—more "glass is half full"].

I'm looking into the idea of starting a Flex Lewis Foundation that would support causes that are dear to my heart.

Expect to hear more on this in the future.

What is your favorite women's division?

There's only one answer: Bikini. We [he and IFBB bikini pro/fiancée Ali Rosen] know more competitors in figure and fitness, because most of them have been competing longer. The ranks are a little more stable in figure and fitness—whereas bikini has so many competitors that the division seems to turn over and change more rapidly. There are always new faces.

What is on your workout playlist?

I listen to DJ BL3ND podcasts.

Favorite movies?

My childhood favorite would be *The Goonies*. Adult favorite, *Casino*, maybe.



ASK FLEX
Got a question?
Go to FLEXonline.com/askexperts

Q WHAT EVERYDAY CHALLENGES DO YOU FACE IN BEING SO MASSIVE?

Finding dress clothes that fit is one. My daily attire is shorts and a T-shirt. There was a time when XL was tight; now 3XL is tight. All of my suits are custom-made. I can't walk into Men's Wearhouse and find something off the rack. I'm not bragging—because I'm short (5'5"), it adds to the complications.

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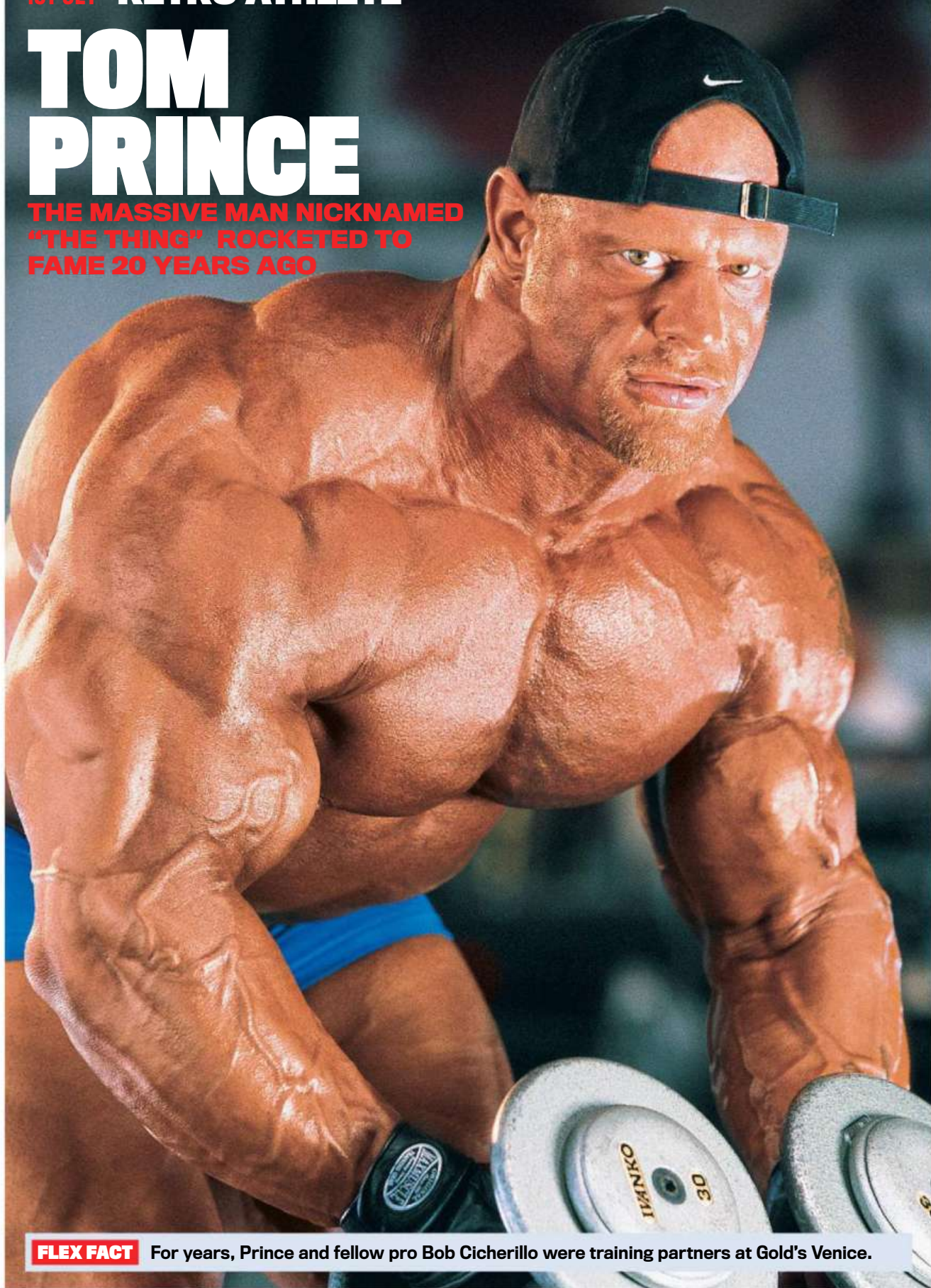
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1ST SET RETRO ATHLETE

TOM PRINCE

**THE MASSIVE MAN NICKNAMED
"THE THING" ROCKETED TO
FAME 20 YEARS AGO**



FLEX FACT For years, Prince and fellow pro Bob Cicherillo were training partners at Gold's Venice.

It was only his third contest, and he had no titles to his name. So when Tom Prince finished second in the loaded heavyweight class of the 1995 NPC Nationals, he shocked the bodybuilding world. "I was so blown away that this was really happening. I went back to the room and lay in bed for like an hour, crying with my wife. I saw it all then. My dream had come true." That feeling was the apex of his career, even better than winning the overall 1997 NPC Nationals. Subsequently, in eight pro contests, Prince nailed it only once, at the 2001 Night Of Champions, in which he was third.

Competing at around 260 pounds, the 5'8" Prince was nicknamed "the Thing" for the "clobberin' time" muscle he crammed on his frame. Highlighted by his humongous hamstrings, his side chest pose ranks among the greatest of all time. But Prince is perhaps better known for another reason. He suffered kidney failure in 2003 and again when trying to make a comeback the next year, and he admitted to his reckless drug use in FLEX. He was on dialysis for years. But this story has a happy ending. Prince received a kidney transplant in 2012, and today he and his wife run a successful property management business in Southern California.

PRINCE'S SHOULDER ROUTINE

EXERCISE	SETS	REPS
Dumbbell Rear Lateral	4-6	15-8
Dumbbell Side Lateral	4-6	15-8
Smith Machine Front Press	4	15-6
Barbell Front Raise	1	20
Dumbbell Shrug	3	10

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"I never lock out my overhead presses. The lockout is **done with triceps**, and it's a resting position."

"On side laterals, don't bring the dumbbells **in front of your body.** Start reps with the dumbbells at your sides."

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TRAINING TIPS TO POWER UP YOUR WORKOUTS

LIFT

PAGE 88

SQUATTING RIGHT

**HOW DEEP SHOULD
YOU GO TO GET
THE MOST FROM
THIS LOWER-
BODY BUILDER?**

The holistic approach: Combine a wide variety of training styles to compound your gains.

PAGE 80

Working out is fun! Make your gym time challenging and interesting to keep your gains coming.

PAGE 90

Heavy, moderate, light workouts—it's all good when you're trying to get strong in a hurry.

PAGE 92

You may not see them when looking in the mirror, but rear delts can add that pop you're craving.

PAGE 94



CrossFit is a 21st-century sensation, but the incorporation of various workout methods is nothing new to bodybuilding. For example, two-time Mr. Olympia Franco Columbu sometimes did powerlifting, boxing, Olympic weightlifting, and running in addition to traditional bodybuilding sets and reps. And that was in the Nixon era. Back then this was called "holistic." Today's bodybuilders can also benefit from similar inclusiveness by incorporating a variety of techniques in the same workouts or in separate sessions throughout a program. Going holistic can broaden your workout focus beyond gaining muscle to burning fat, boosting power, and even increasing dexterity.

THE HOLISTIC PROGRAM

COMBINING VARIOUS TRAINING STYLES CAN COMPOUND YOUR GAINS

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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett, et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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GOING HOLISTIC

The best rep range for growth is eight to 12, and exercises should generally be performed for three or four working sets in that range. But that's not the only way to grow. In fact, utilizing the same sets and reps workout after workout will inevitably lead to stagnation. By incorporating a plethora of styles and techniques, holistic training can keep your enthusiasm high and your muscles expanding, and it can allow you to focus on other goals, such as jumping ability for basketball or rapid acceleration for football. There are three ways to go holistic.

1 ROTATING CYCLE

You can change your training style periodically. For example, you could do one week of plyometrics followed by two weeks of power work, followed by three weeks of moderate sets and reps. Each of those three segments is one cycle. The Y3T method devised by Neil Hill and frequently followed by Flex Lewis utilizes three cycles over three weeks: Week 1 is focused on heavy compound exercises, Week 2 is focused on moderate compound and isolation exercises, and Week 3 is focused on high reps and high intensity. Holistic cycling allows you to compartmentalize your training into segments of one to four weeks with each segment devoted to a different workout approach.

2 STAGGERED SPLIT

Another way to go holistic is to change your style from workout to workout. Don't do this randomly or you'll likely foster chaos as one workout collides with another. Instead, stagger your split so body parts go through the same style rotation but on different weekly schedules. For example, you might do a power workout for legs one day and a high-rep session for back the next day. Then the next week you'll reverse that. Our sample staggered split includes a different workout style for every body part over four weeks. (In this sample split, HIT is high intensity; high rep is 15 to 25 reps; power is four to eight reps; moderate is eight to 12 reps.)

3 HOLISTIC WORKOUT

Advanced bodybuilders can change styles from exercise to exercise or even, during the same exercise, from set to set. As with



"Whether I'm following Y3T or not, I'm always incorporating different styles and techniques in my training. 'Be flextraordinary' is my saying, and to do that you have to think outside the box." —FLEX LEWIS

the cycle and split holistic methods, holistic workouts require planning. Don't wing it. Instead, plot out sessions wherein one style can complement another and all styles together are stronger than any one individually. Our sample leg routine strives to do this by starting with plyometrics (box jumps and explosive box squats), progressing to high intensity

(leg extensions, leg presses), then pumping up and exhausting the muscles with high reps (leg adduction, hack squats), and, for those with the space and equipment, ending with a functional exercise (sled push). A routine such as this can allow you to focus on more than one goal at once, such as speed, power, muscle size, and functional ability.

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*Schoett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

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■ Plot out your cycles, splits, and workouts carefully; keep your strategy in your smart-phone.

■ Cardio can also be holistic. Utilize more than one machine in the same workout, and/or try to incorporate nonmechanical activities such as sprinting intervals, swimming laps, pummeling a heavy bag, or full-court basketball.

HOLISTIC BASICS

■ Variety can boost your intensity and focus.

■ Holistic is a great way to incorporate power and speed training into a bodybuilding program.

■ It's also ideal for those who do other athletic activities, such as football or kickboxing, in addition to bodybuilding.

■ Doing plyometric exercises like battle ropes, box jumps, and speed pushups can aid your bodybuilding.

HOLISTIC LEG WORKOUT

EXERCISE	SETS	REPS
Plyometric Box Jump	2	10
Plyometric Box Squat	2	10
Leg Extension	2	10-12*
Leg Press	2	10-12*
Leg Adduction	2	100**
Hack Squat	2	100**
Sled Push	2	50 yd

*All working sets are to failure and preceded by one or two warmup sets.

**Do as many drops as necessary to reach 100 reps.

HOLISTIC STAGGERED SPLIT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY Quads/ hams	HIT	High rep	Power	Moderate
TUESDAY Chest/ triceps	High rep	Power	Moderate	HIT
THURSDAY Back/ biceps	Power	Moderate	HIT	High rep
FRIDAY Shoulders	Moderate	HIT	High rep	Power

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Hany Rambod makes sure four-time Mr. O Phil Heath targets the right muscles.

FILL YOUR FRAME

PRO TIPS TO HELP YOU GET THE LOOK YOU'RE AFTER IN NO TIME

A bodybuilder's physique has traditionally been described as an X, complete with wide shoulders, a small waist, and big legs. The term V-taper has evolved to describe men's physique, a look focused on upper-body training. With the launch of the classic physique division in 2016, a new frame has been introduced to the mix. I'll call bodybuilding "Bold X," classic physique "X" and men's physique "V." Follow these pro tips to maximize your frame (shoulders, back, waist, and legs) or build up into a bigger one.

BODY PART	V (men's physique)	X (classic physique)	BOLD X (bodybuilding)
SHOULDERS All groups will perform presses and variations of lateral raises.	Rep range is 10-15. Achieve a combination of shape, roundness, and separation.	Rep range is 8-10. Achieve a combination of size and definition.	Rep range is 6-8. Go super heavy for size.
BACK Backs are trained for both width and thickness for each group.	Rep range is 10-15. Focus on upper back (straight-arm pulldown, pullup, and pulldown).	Rep range is 8-10. Upper and lower lat fullness (reverse-grip row, straight-arm pulldown).	Rep range is 6-8. Thickness and width (deadlift, dumbbell row, barbell row).
ARMS Exercises are barbell curls, preacher curls, pushdowns, and skull crushers.	Rep range is 10-15. Shoulders should be balanced with your arms. Use high reps/light weight.	Rep range is 8-10. Also balanced, but more size for both shoulders and arms.	Rep range is 6-8. For proportionate shoulder to arm size, you're looking at over 20 inches.
LEGS Train your calves. If things are close that could be the tiebreaker.	Rep range is 10-15. I have my guys train legs once a week (squat, lunge, standing calf raise).	Rep range is 8-10. Lunge and squat, but not so heavy that it compresses the torso.	Rep range is 6-8. Go heavy on all exercises (squat, leg press, hack squat, calf raises).
ABS A well-developed midsection sets off the rest of the physique.	Rep range is 50. The waist is going to be the smallest of all the divisions. Body weight only.	Rep range is 20-24. Ideal is a 30- to 31-inch waist. Use moderate weight.	Rep range is 10-15. Use heavier weight to thicken the abs from multiple angles.

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KNOWING SQUAT

IS THERE A
"BEST" WAY
TO SQUAT?

HYPOTHESIS

Researchers from the Sport Performance Research Institute in New Zealand wanted to find out which variation of the barbell squat—deep, parallel, or front—produced the greatest activation of the glutes, quads, and hamstrings.

RESEARCH

Thirteen experienced resistance-trained female subjects performed a single set of 10 reps using their 10-rep max for each squat variation. Electromyography (EMG) electrodes were placed on the quads, hamstrings, and glutes. Maximum voluntary isometric contraction (MVIC) testing was performed and recorded for each muscle group. Foot placement was the same for all variations.

FINDINGS

No differences in muscle activation were found for any of the squat variations. The authors speculate that because the 10RM load was adjusted to accommodate differences in strength, their results are different from some reports of greater EMG activity during deep squats. Hamstrings were not activated to any large extent during any variation.

CONCLUSION

Long-term studies favor deep squatting for the greatest muscle hypertrophy. Nevertheless, this data points out that front squats and parallel squats are effective alternatives to deep squatting when necessary.

APPLICATION

Leave your ego at the door and find a weight that allows you to **go as deep** as possible while maintaining proper form. Over time, this will be the best for leg mass. Because squats do not effectively activate the hamstrings, be sure to include leg curls and stiff-leg deadlifts in your routine.



JASON BREEZE

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**"FUN" TIPS**

FOR LEGS, do back squats for the first week, and the next week do front squats. Continue to alternate squat styles week to week in your training.

FOR CHEST, one week do all flat bench, and then the next week do all inclines. Then change from a barbell to dumbbells from week to week. You can also pre-exhaust with cable crossovers before presses or reduce the rest between sets to get a faster workout.

FOR BACK, do deadlifts from the floor one week, and the next week deadlift off blocks to elevate the bar height. This not only gives your mind a rest but also forces you to break out of plateaus and strengthen your weak spots. Another example is to do pullups one week and pulldowns the next.

KEEP IT FUN

MAKE EXERCISE INTERESTING TO KEEP THE GAINS COMING

"How do you keep training fun?" It's a question I hear a lot, typically from someone who follows the same workout routine day in and day out. That style of predictable training quickly makes the gym a boring place to be. Plus, the person has more than likely

encountered sticking points, meaning little, if any, progress is being made.

My solution: Never do the same workout from week to week.

One of the reasons I enjoy training for and competing in strongman competitions is that the contests include a variety of events and numerous variations of all those events. These same concepts can be true for CrossFit as well, where the events vary and the challenges change from competition to competition (and even from training session to training session).

Powerlifting is another fun sport to train for, although many lifters disagree because you're training only for squat, bench press, and deadlift. That's true. However, the

best powerlifters have amazing overall strength because they do lots of assistance work that simultaneously helps their main lifts and builds the supporting musculature. Knowing and using the countless variables that you have at your disposal gives you the knowledge to modify your training without repeat workouts.

To make nonstop progress, always try to be creative with your training and, above everything else, enjoy the process. Live strong!

**SEE MORE**

Brian Shaw is a three-time World's Strongest Man winner and member of Team MHP. For more information, visit mhpstrong.com.



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GET STRONG

SHOULD RESISTANCE
PROGRESS STEADILY, OR IS
IT BETTER TO MIX IT UP?

OPENING ARGUMENTS

Defense

Daily undulating periodization has been shown to produce superior strength gains compared with periodization in which the weight loads progress linearly from light to medium to heavy over the course of several weeks or months.

Prosecution

Most periodization models have a fixed schedule of progression that lifters are not allowed to deviate from regardless of their "readiness" on the workout day. Flexible periodization allows the load to be selected on the day of each workout based on the lifter's readiness.



EVIDENCE

1 A 2010 study from St. Francis College in New York compared two methods of periodization, daily undulating and flexible, in a 12-week college weight-training class.

2 Both groups performed the same total training volume. Those in the flexible periodization group significantly increased their leg press strength by an average of 136 pounds; lifters in the daily undulating group increased their strength by an average of only 35 pounds. Bench-press strength did not differ significantly between groups.

3 Daily undulating periodization is a method of applying the principle of progressive overload by incorporating heavy, medium, and light training days all within a single week. Workouts were established by using the subject's 10-, 15-, or 20-rep max during a given workout.

4 Flexible periodization is a form of undulating periodization. The total number of heavy, medium, and light workouts is established at the beginning, and then lifters can choose which weight load they want to use each day until they have performed all the predetermined workouts for each load.

VERDICT

Flexible periodization resulted in significantly greater gains in leg strength compared with daily undulating periodization.

SENTENCING

Flexible periodization appears to be the most effective method of incorporating heavy, medium, and light workouts. That said, being flexible does not mean that you can skip heavy leg workouts whenever you feel like it. Stick to your predetermined number of heavy, medium, and light days.



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POSTERIOR POP

REINVENT YOUR REAR DELT WITH THIS UNIQUE ROUTINE

■ The deltoids are composed of three portions: the front (anterior), side (lateral), and the rear (posterior). Well-developed front delts are common among weightlifters because they're highly involved in pressing movements such as dips, chest press, and shoulder press. Another reason? People tend to pay more attention to muscles they can see in the mirror. Well-developed rear delts, on the other hand, are far less common. Not only are they out of sight, out of mind, but they're also more difficult to achieve.

The primary action of the rear delt is to bring the arm from front

to back in the horizontal plane with the elbows high and out. Wide-grip rows to the chest, bentover laterals, reverse pec decks, and, in particular, lying laterals—a great isolation exercise—all hit the rear delts.

To get the most out of your lying laterals, keep the plane of

motion perpendicular to the body, raising and lowering the dumbbell directly in front while keeping the elbow, and pinkie, turned up. Do not attempt to go heavy. In fact, only the use of light weight will allow you to execute proper form.

BRING UP YOUR REAR DELT WORKOUT

EXERCISE	SETS	REPS
Bentover Lateral (elbows/pinkie up)	3	12-15
Lying Lateral (elbows/pinkie up)	3	12-15
Reverse Pec Deck	3	10-15

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A black and white photograph of a muscular man, Jerry Pritchett, lifting a large kettlebell with both hands above his head. He is wearing a dark t-shirt with a logo that says 'ALR INDUSTRIE' and a wristband on his left wrist. The background is a vibrant orange and red with black diagonal stripes radiating from the center. The text '274' is written in red on the kettlebell.

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Only HUMAPRO[®] is formulated with the exact "human ratio" of pharmaceutical grade essential amino acids (EAAs) and co-factors resulting in 99% lean tissue utilization and less than 1% waste. Compare 99% lean tissue utilization to only 17% for common protein powders. Additionally, HUMAPRO[®] has almost 0 calories, inhibits muscle catabolism and assists in nutrient uptake for optimal recovery and results you will see in days.

Less fat & more muscle = superior power, performance and physique.

Protein Source

NNU = Lean Mass Anabolism

NC = Toxic Catabolic Waste

**1 Scoop of HumaPro[®] =
Whole Protein Equivalent
of 25g, with only 0.02
calories per serving.**

Based on human ratio
essential amino acids requirement

HumaPro[®] 99% 1%

COMPARE THIS TO THE OTHER PROTEIN SOURCES BELOW:

Meat, Fish, Poultry	32%	68%
Amino Acid Formulas	18%	82%
Soy Protein	17%	83%
Bovine Whey Protein	16%	84%
Bovine Casein Protein	16%	84%

HumaPro[®]: Engineered for Human Growth

Source: Human Net Nitrogen Utilization Studies.

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THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

Groundbreaking new science has revealed that **mTor-p70^{S6K}** molecules in muscle cells are the **primary trigger** for **extreme muscle growth**; increase these and you increase muscle size and strength. BCAAs in a precise mixture and dosage of **45% L-Leucine, 30% L-Valine and 25% L-Isoleucine** at **8,180 mg** to achieve the **350%** (3.5 times) greater level of **mTor-p70^{S6K}** molecules.

DIETING? Restricting calories can cause severe muscle loss. Looking to retain your hard earned muscle while you diet down? AMINOCORE is your best dieting ally. Diet your fat, not your muscle!

AMINOCORE comes in 4
Flavors and Unflavored!

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NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS

PAGE 104

**SOMETHING FISHY...
TAKE IN A DOSE OF HEALTHY
OMEGA-3 FATS TO BOOST
MUSCLE GROWTH**



Gut-check time!
Make sure
yours is packed
full of healthy
microbes.

PAGE 102

**Get an A+ in
healthy living with
this supervitamin.
Plus, you get to eat
sweet potato!**

PAGE 106

**Hit the sauce, er,
high-nutrient sauce,
that is. Tasty and full
of muscle-building
goodness.**

PAGE 108

**Fire up your fat-
burning supps
furnace with this
superhot blend
from Nutrex.**

PAGE 110

JIM FRANCO/GETTY IMAGES

GUT CHECK

INCREASE PREBIOTIC CONSUMPTION FOR GREATER FAT LOSS AND MUSCLE GAINS

■ A recent study published at EBioMedicine concluded that obese children improved weight loss when consuming more prebiotics or indigestible carbohydrates (essentially fiber). Now, we realize you're not an overweight kid, but, the research can still benefit you and your training goals.

In addition to an increase in prebiotics, the subjects consumed a diet with 30% fewer calories than their prior consumption levels. While the calorie reduction helped contribute to weight loss, researchers also noted a dramatic shift in healthy gut microflora—tiny microbes that help you process food more efficiently and encourage healthy metabolism. Other studies have found that those people of healthy body weight have a much healthier range of microbial populations.

Researcher John McCarthy, Ph.D. (University of Kentucky College of Medicine), postulates that your gut microbiome may play an important role in muscle hypertrophy.

The takeaway for you: Fiber, particularly the soluble form, may help improve gut microbiome composition. This in turn may contribute to significantly better results from your nutrition program, leading to more muscle mass, reduced body fat, and inhibition of anti-catabolic responses.

Bodybuilders should consume a minimum of 30 grams of fiber every day. When entering a cutting phase, focus on the consumption of prebiotics (especially soluble fiber), striving for a minimum of 50 grams per day. Good whole-food sources include lentils and beans, vegetables and fruit, and nuts and seeds.

Diets high in fiber also slow digestion and reduce perceived hunger. Dieting bodybuilders who increase fiber consumption also gain these advantages while cutting body fat.

**HEALTHY GUT
MICROBES
HELP YOU
PROCESS
FOOD MORE
EFFICIENTLY.**

THE PROOF IS IN THE PUDDING!

POWER PAK PUDDING

There has never been a better way to get the protein you need to build a lean, muscular body! Power Pak Pudding is loaded with 30 grams of muscle building protein without all the calories, carbs, fats, sugar and sugar alcohols found in protein bars. When it comes to high quality nutrition, protein bars just can't compare to delicious high protein Power Pak Pudding. Protein never tasted so good!

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- **Sugar Free**
- **Low Carb**
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- **Only 190 Calories**



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See what consumers are
saying about
Power Pak Pudding!

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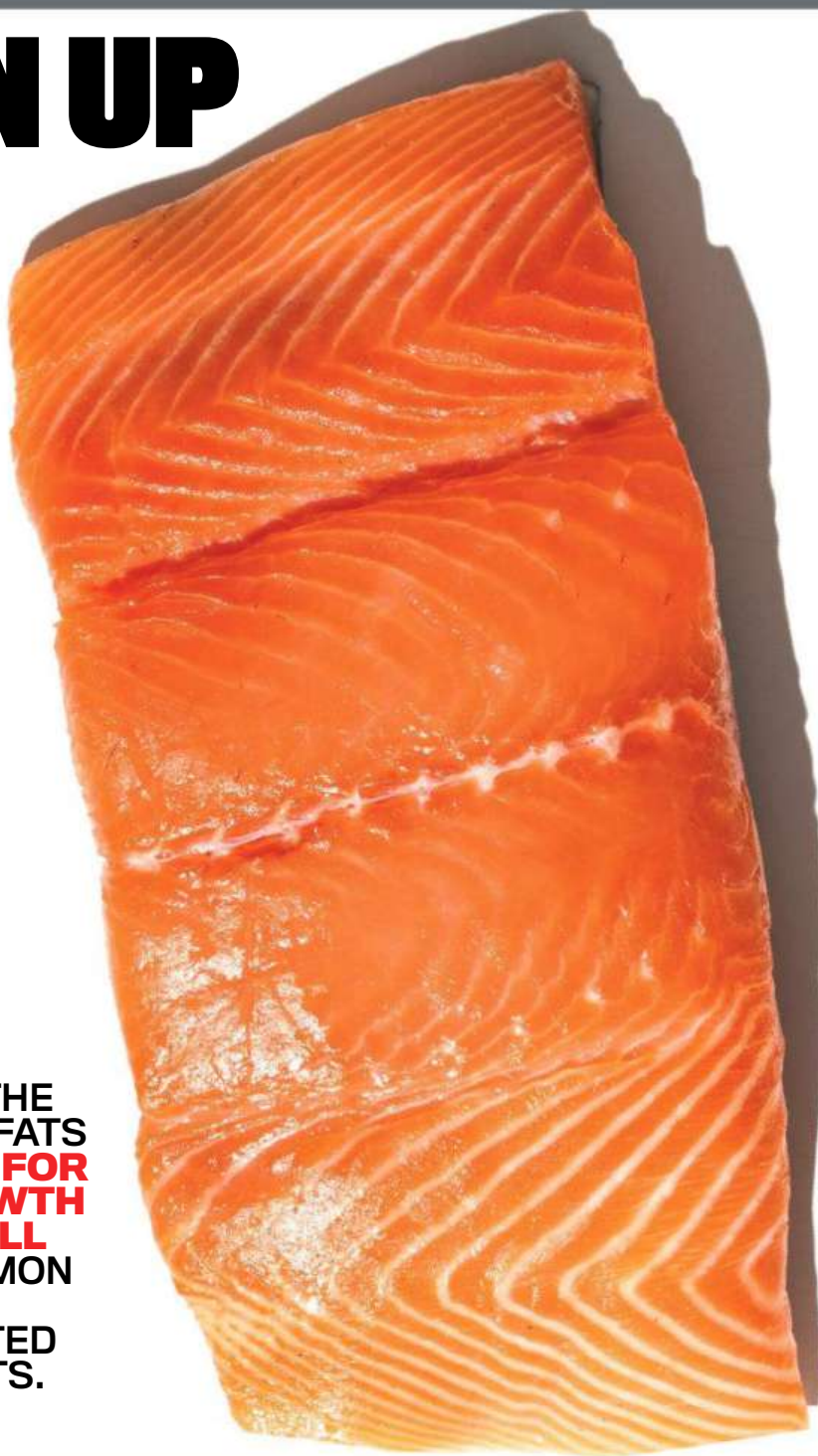
FATTEN UP

**HEALTHY OMEGA-3
FATS SUPPORT
MUSCLE GROWTH**

Fats are a nutritional necessity, and bodybuilders need plenty of them to support muscle building and growth. Still, underconsuming omega-3s is strangely common among lifters. It's crucial for bodybuilders to understand that the type of omega-3s they need are EPA/DHA from fish. Most other foods are low in these healthy fats. Omega-6s and saturated fats also play an important role, but these are easy to come by in typical bodybuilding foods.

To take in more EPA and DHA, supplement with fish or krill oil. To balance the large amount of omega-6s already present in your diet, eat more salmon, sardines, and other fatty fish, which are all foods that are high in omega-3s and low in 6s.

**DON'T FEAR THE
FAT! HEALTHY FATS
ARE CRITICAL FOR
MUSCLE GROWTH
AND OVERALL
HEALTH. SALMON
CONTAINS
OFT-NEGLECTED
OMEGA-3 FATS.**



**DIET
911**

I CAN'T TOLERATE WHEY PROTEIN PRODUCTS. WHAT SHOULD I DO?

In the distant past, egg protein was one of the best ways to go. Then soy came on the scene. Now there are plenty of other vegetarian sources, including pea, raspberry, peanut, and brown rice products.

You can also rely more on whole-food sources of protein. After workouts, emphasize egg whites and low-fat white fish as your fast-digesting protein sources. The whites of boiled eggs are one of the fastest-digesting whole-food sources of protein, and steamed white fish is also quite rapidly digested. Meat, whole eggs, or soy foods such as tofu and edamame can fit into your meal plan at other times throughout the day.

In the end, the best thing to do is experiment with both whole-food protein sources as well as protein supps to see which work well with your system and for your immediate needs.

ALWAYS WITHIN REACH

The Animal history is a tale of hard work and uncompromising commitment to excellence spanning four decades. Growing from a small operation in Jersey to the company the best lifters in the world depend on for the tools their goals demand. We're proof that when you apply old school values, the extraordinary becomes tangible. These lessons are what you live every day in the gym. You put your head down and pay dues. And a day at a time, your aspirations become more real. All along the way, Pak is there—providing the foundation upon which you can build something great. In your gym bag, at the training table, Pak remains. Like your dream, always within reach.



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Award Winning | Multivitamin For Serious Lifters | Conveniently Pre-Dosed | Nutritional Insurance

GO FIG

Satisfy your sweet tooth and boost your fiber count

■ **Figs can be** a solid addition to a bodybuilder's diet because they're somewhat sweet and high in fiber. In other words, figs don't cause a large spike in insulin, and they help you succeed on a relatively low-carb nutrition program.

One dose of a fiber supplement such as Metamucil has about 3 grams of fiber per serving. But you can get in about 2 grams of fiber with every large fig you consume. Each of these figs also comes with about 47 calories and a half-gram of protein. When calories are not your main concern, figs can help process other macros and reduce insulin impact. Consume a fig or two with meals when you want to slow absorption. But it's best to avoid figs before and after workouts: This is the time of day when you seek fast absorption and an insulin spike to support muscle building and recovery.



VITAMIN A PLUS

CONSUME FOODS HIGH IN BETA-CAROTENE TO GET THE MOST FROM THIS NUTRIENT

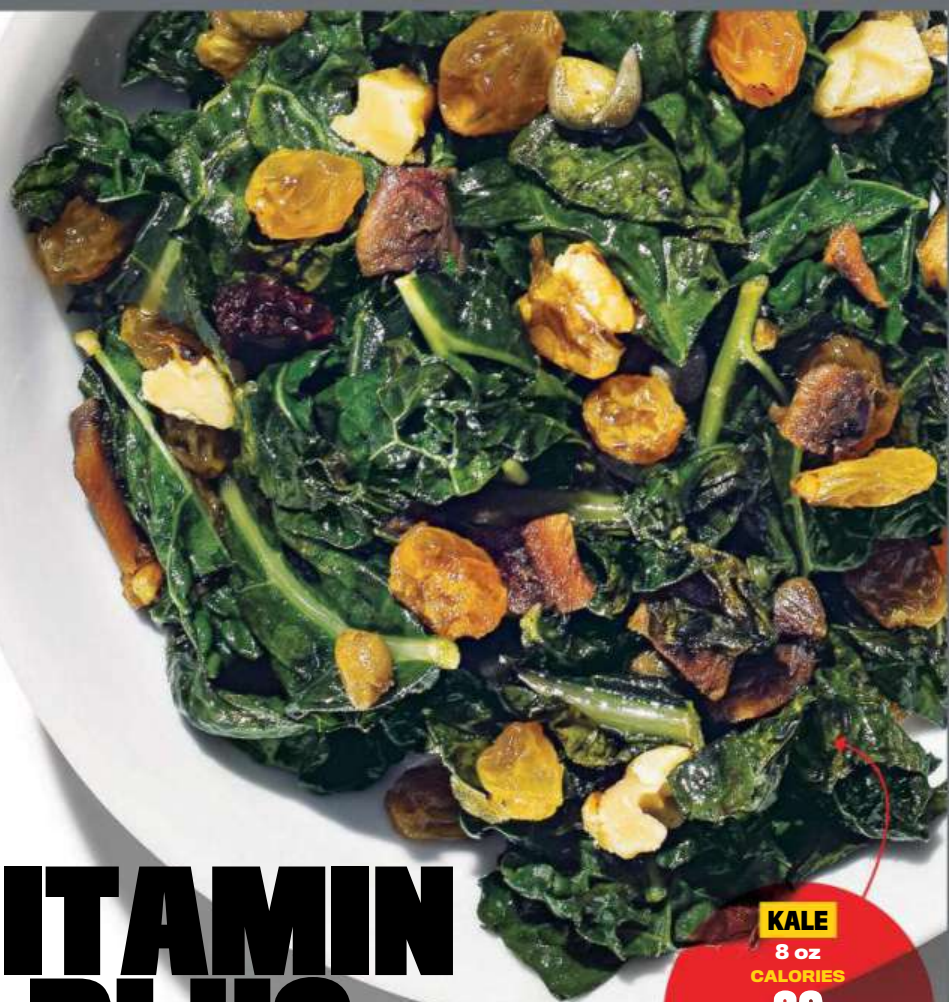
■ **Vitamin A** supports eye health, improves recovery from intense weight-training workouts, increases energy, and boosts immunity. The downside is that too much supplemental vitamin A can be toxic because it is fat soluble and accumulates in your liver. Harmful side effects include liver abnormalities, central nervous system disorders, and decreased bone density.

To avoid these problems, many bodybuilders opt to supplement beta-carotene, either as a stand-alone or as part of their multivitamin. Both options are better than supplementing vitamin A because your body won't convert beta-carotene to vitamin A beyond the level it needs.

Below is a list of the best whole-food sources of beta-carotene. Remember that you don't have to worry about overconsuming beta-carotene. Your body will simply excrete the excess.

SWEET POTATO	PUMPKIN (CANNED)	BUTTERNUT SQUASH	COLLARD GREENS	SPINACH	CARROTS
8 oz	8 oz	8 oz	8 oz	8 oz	8 oz
CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES
249	83	82	61	41	54
BETA-CAROTENE (MCG)	BETA-CAROTENE (MCG)	BETA-CAROTENE (MCG)	BETA-CAROTENE (MCG)	BETA-CAROTENE (MCG)	BETA-CAROTENE (MCG)
30,976	17,003	9,368	11,591	10,975	11,971

KALE
8 oz
CALORIES
39
BETA-CAROTENE (MCG)
11,470





100%
ISOLATE & HYDROLYZED

BE 100%.

To get a lean physique you need clean fuel. That's why BPI Sports developed ISO HD™. This ultra clean protein formula contains no unwanted fillers and only the highest purity whey proteins. You work hard for your results and you deserve the highest quality supplements. That's why all BPI proteins have been quality verified by ChromaDex®.

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



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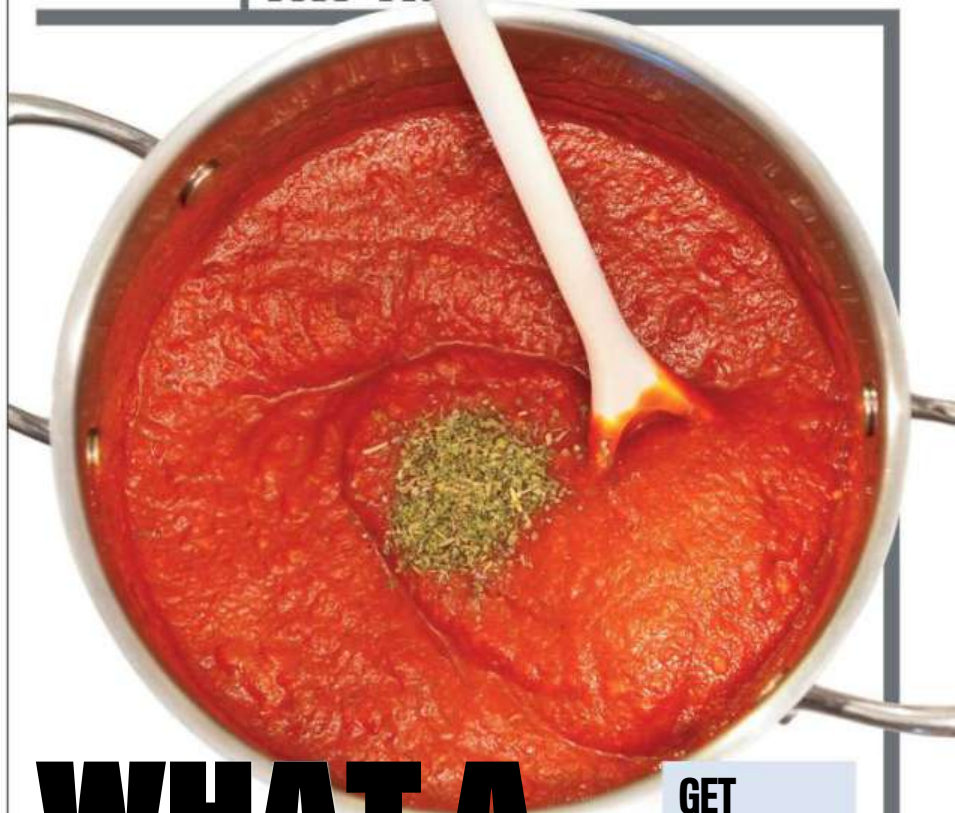
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- ULTRA-CONCENTRATED EXTRACT

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FOOD & SUPPS | TRY THIS

BY STEVEN STIEFEL



WHAT A CROCK!

KEEP HIGH-NUTRIENT SAUCES ON HAND TO SPICE UP YOUR DIET AND SUPPORT GAINS

We don't think we're going out on a limb by assuming that the majority of home-cooked dishes (and leftovers) you eat over the course of a typical week are uninspired and relatively tasteless. If you're looking to change that, an easy way to add life—and nutrients—to bland food is to whip up a couple of sauces in your Crock-Pot. You can keep them on hand and use them to complement your main dishes.

- 1 Chop or puree vegetables, depending on whether you prefer your sauces chunky or smooth.
- 2 Use enough vegetables so your Crock-Pot is about $\frac{1}{2}$ – $\frac{2}{3}$ full before cooking.
- 3 Add salt or olive oil for flavor and to help protect micronutrients.
- 4 Cook your sauce for about two hours on medium heat. Pour off liquid.
- 5 Refrigerate as much as you plan to use.
- 6 Freeze the rest in portions you'll use within a day or two. This will prevent spoilage of fresh vegetables.
- 7 Add these nutrient-dense sauces to egg, meat, or grain dishes, creating much more nutrient variety.

GET SAUCED

■ Make changes based on the vegetables and spices you like.

RED SAUCE

Red tomatoes, carrots, onions, red peppers, yellow squash. Spices: basil, oregano, garlic, cayenne pepper.

High in:

Lycopene, potassium, beta-carotene, and many others.

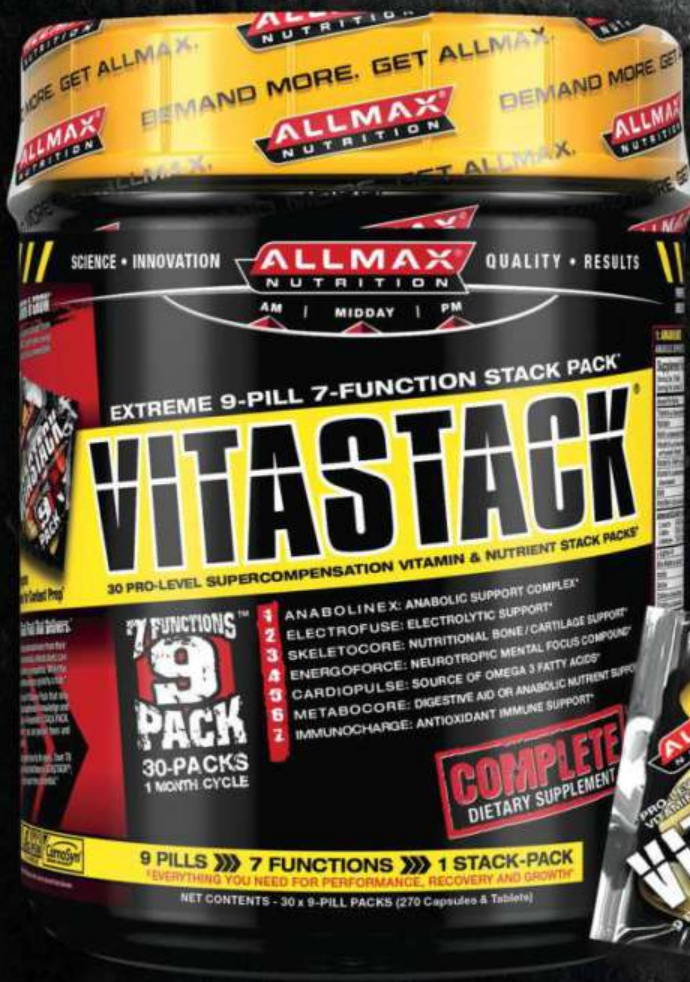
GREEN SAUCE

Broccoli, spinach, cauliflower, cabbage, Brussels sprouts, kale, bok choy, zucchini. Spices: black pepper, dill, cilantro, jalapeños.

High in:

Vitamins C and K, flavonoids, chromium, magnesium, folate, and many others.

COMPLETE EVERYTHING YOU NEED FOR PERFORMANCE, RECOVERY & GROWTH



1: ANABOLINEX

Anabolic Stimulation Complex

2: ELECTROFUSE

Muscle Infusion Electrolytic Compound

3: SKELETOCORE

Structural Support Matrix

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Powerful Omega 3, 6, 9 Formula

6: METABOCORE

Anabolic Nutrient Optimizer

7: IMMUNOCHARGE

Anabolic Recovery & Antioxidant Defense



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- 3 FORMS VITAMIN B12
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ARE OMEGAS IN
YOUR MULTI-PACK?

VITASTACK HAS OVER 70 HIGHLY POTENT AND BIOAVAILABLE VITAMINS TO HELP REPAIR, REBUILD AND RECHARGE YOUR BODY.

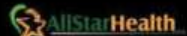
SIMPLE: 1 PACKET, EVERY MORNING AND YOU'RE DONE.

7 FUNCTIONS™
9
PACK

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FIRE IT UP

STOKE YOUR METABOLISM WITH THE RIGHT BLEND OF FAT-BURNING SUPPLEMENTS

■ As the time comes to shed off the extra pounds we put on during a bulking phase, we find ourselves scouring the shelves for fat burners to make our lives easier. There are certain supplements on the market that will help you achieve fat loss at a quicker rate, and there are some that will give you a lot of jitters and not much else. Get the most out of your fat loss by adding these ingredients to your supp stack.

CAFFEINE

At the base of most effective fat burners lies the king of all thermogenics: caffeine. Caffeine has proven time and time again to have powerful fat-burning capabilities. Newer forms of caffeine have been shown to be slightly more effective based on their time-release capabilities. The anhydrous form of caffeine is one absorbed quickly, while dicyclic malate's absorption is more delayed. Combining these two forms of caffeine will allow for a steadier and prolonged thermogenic effect.

THEACRINE (TEACRINE)

Theacrine is a compound that

has a similar structure to caffeine's. It acts as both a stimulant and a thermogenic, helping you feel more alert while burning off extra calories. Although it has the same effects as caffeine, theacrine does have a slight edge in that our bodies don't form a tolerance to it, allowing us to reap the benefits of caffeine without ever becoming adapted.

THE EXTRA BOOSTS

HORDENINE

Hordenine is a plant extract known for its metabolism-boosting capabilities. This supplement has also been shown to help boost the effects of other

stimulants such as caffeine and theacrine, making it a very useful addition to a fat-burning stack.

GINGER ROOT CO₂ EXTRACT

Ginger root extract acts as a thermogenic and significantly boosts metabolic rate. The extract is also a non-stimulant, making it a good pair with supplements such as caffeine.

RAUWOLSCINE

Rauwolscine is a rearranged form of the yohimbe compound you may be familiar with. It functions by shutting down fat storage while increasing the release of fatty acids for energy.



PUTTING IT ALL TOGETHER IN NUTREX LIPO-6 RX

■ Nutrex's Lipo-6 Rx features an optimally dosed blend of the fat-burning ingredients listed here with the addition of ingredients such as L-tyrosine and DMAE bitartrate. The fat burner will ensure rapid fat loss while promoting energy release and boosting your focus to keep you in top condition throughout the day.

EVER DREAM OF BECOMING A CERTIFIED PERSONAL TRAINER?

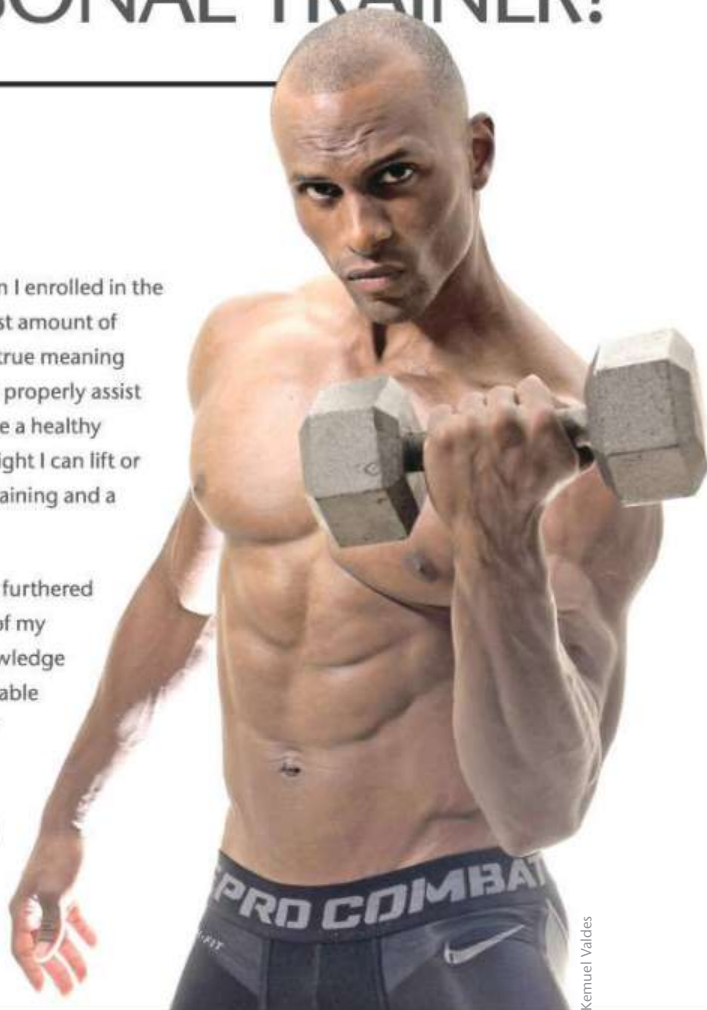
MEET KENTREL

He's a perfect example of why we do what we do.

"The most knowledgeable period of my journey in fitness came when I enrolled in the ISSA CFT course. While enrolled in the ISSA program I obtained a vast amount of knowledge which enabled me to get a better understanding of the true meaning of fitness and how it correlates to good health. I also learned how to properly assist others who are disabled or impaired to obtain, maintain, and achieve a healthy lifestyle. ISSA has taught me that being fit isn't about how much weight I can lift or how fast I can run but how to obtain good health through proper training and a balanced diet.

Thanks to ISSA, I feel more confident about helping others and have furthered my knowledge by obtaining an MBA in Sports Business. As a result of my experience, I plan to open my own fitness center. I love sharing knowledge and helping others to reach their fitness goals. One of the most valuable lessons I learned from ISSA is being physically fit means a lifetime of good health. Before attending ISSA, I had general knowledge of fitness; however, after attending ISSA I obtained a vast amount of knowledge that I never knew existed and I am now better prepared to assist others in living a healthy life."

Kentrel Triplett, ISSA MASTER TRAINER
instagram.com/werfitbykentrel



Kemuel Valdes

The ISSA Your Trusted Source For Fitness Education Since 1988 ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. TA, MyCAA, and GI Bill approved.

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TEST BOOSTER**

NOW 20% STRONGER!

Pro-Testosterone Technology Alters Your Biochemistry For Explosive Gains In Muscle Mass!

The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new **Clinical Strength T-BOMB 3xtreme!**



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

*— Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory*

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger! The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for – scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen levels!*

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks.

Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- Increased Muscle Mass and Strength
- Increased Protein Synthesis
- Increased Muscle Glycogen Synthesis
- Increased Sex Drive and Performance

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone*

Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market!† (See Diagram #1)

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG*

Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.* Increased sex drive is another positive "side effect" you will experience. (See Diagram #1)

3.) Helps Stop Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. (See Diagram #2, Figure A)

4.) Blocks Estrogen Receptors

Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only

testosterone – dominates your hormonal composition. (See Diagram #2, Figure B)

5.) Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! (See Diagram #3)

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!™

DIAGRAM 1

INCREASED FREE TESTOSTERONE*

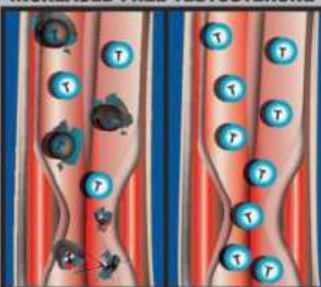


Figure A

Figure B

Figure A illustrates what happens to 98% of your testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.*

DIAGRAM 2

TWO-STAGE ESTROGEN BLOCKER

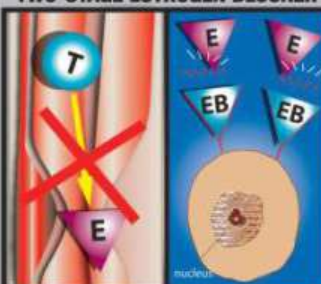


Figure A

Figure B

Figure A T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3

2ND MESSENGER AMPLIFIER

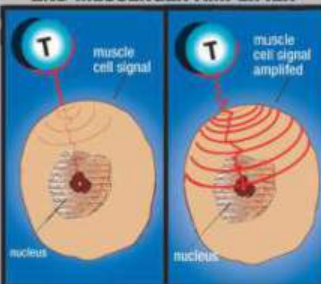


Figure A

Figure B

Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

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LAST MONTH, WE GAVE YOU THE NUTRITIONAL BLUEPRINT TO PUT ON MUSCLE. IN PART 2, ELITE STRENGTH COACH JIM SMITH, C.S.C.S., BREAKS DOWN WHAT YOU NEED TO DO IN THE GYM TO...

LSS

BY MATT CHRISTENSEN

**01**

BEEF UP THE VARIETY

Packing on slabs of muscle mass is all about heavy weights and low reps, right? Not so fast. That lifting scheme is part of the equation, but not the sum of the whole. “Your workouts should include a variety of rep ranges and loads when you’re trying to build muscle fast,” Smith advises.

He recommends pairing heavy lifts with low reps for your primary exercise (8 sets x 3 reps with 85%+ of 1RM), followed by higher-volume accessory lifts

(4–5 sets x 15–20 reps with 70–85% of 1RM). The angle in which you exhaust the muscle should also be a focal point. For example, substitute sumo deadlifts for traditional deadlifts, or wide- or close-grip bench presses instead of the standard grip.

In regards to time frame, according to Smith, “properly structured periodized programs typically run eight to 12 weeks, with low-intensity days built in to ensure that you can continue to train at a higher intensity throughout the program.”

PER BERNAL



USE A VARIETY OF EXERCISES, REP
SCHEMES, AND LOADS TO KEEP
BUILDING MUSCLE AT OPTIMAL LEVELS.



CHEST

Techniques used: Supersets, powerbuilding, variety of exercises, tempo changes, compound exercises, continuous tension set, increased time under tension, variety of “tools” used

1. BENCH PRESS

Sets: 5 Reps: 3-5
Rest: 90-120 sec. (heavy/low reps, compound exercise)

2A. DUMBBELL BENCH PRESS

Sets: 5 Reps: 15-20
Rest: None (continuous tension)

2B. PUSHUP (WITH 3- TO 5-SECOND SLOW ECCENTRICS)

Sets: 5 Reps: 10
Rest: 90-120 sec. (increased TUT)

BACK

Techniques used: Giant sets, powerbuilding, variety of exercises, tempo changes, compound exercises, continuous tension set, increased time under tension, variety of “tools” used

1A. PULLUPS (WITH ADDED WEIGHT)

Sets: 4-5 Reps: 5-8
Rest: None (heavy/low reps, compound exercise)

1B. LAT PULLDOWN

Sets: 4-5 Reps: 15-20
Rest: None (moderate weight/high reps)

1C. CABLE FACE-PULL (WITH 3- TO 5-SECOND SLOW ECCENTRICS)

Sets: 4-5 Reps: 10-15
Rest: 90-120 sec. (increased TUT)

LEGS

Techniques used: Supersets and giant sets, powerbuilding, variety of exercises, tempo changes, compound exercises, continuous tension set, increased time under tension, variety of “tools” used

1. BARBELL SQUAT

Sets: 8 Reps: 3
Rest: 90-120 sec.

2A. LEG EXTENSION (WITH 3- TO 5-SECOND SLOW ECCENTRICS)

Sets: 4-5 Reps: 15-20
Rest: None

2B. LEG CURL (WITH 3- TO 5-SECOND SLOW ECCENTRICS)

Sets: 4-5 Reps: 15-20
Rest: None

2C. BODY-WEIGHT SQUAT

Sets: 4-5 Reps: 20
Rest: 90-120 sec.

02

INCREASE METABOLIC STRESS THROUGH GREATER TUT (TIME UNDER TENSION)



The lift features three phases: lowering (eccentric), pause (isometric), and drive (concentric). Increasing TUT will greater exhaust the muscle and enable growth and plateau busting. "If you perform eight reps, with each rep taking four seconds, your total set will take 32 seconds," Smith explains. "The most effective way to increase microtrauma to the working muscles is to focus on the eccentric phase. Increasing your lowering time by even one more second will increase the total time under tension for the entire set."

Smith further emphasizes the importance of tempo when performing higher-volume rep schemes. "Always try to make the eccentric [lowering] phase longer than the concentric [drive] phase," he says. "Tempo is written with the eccentric phase first, then the amortization [pause, or isometric] phase next, and finally, the concentric phase last."

EXERCISE BENCH PRESS

Tempo: 3-1-1

Eccentric Phase: Lower weight to chest in a slow and controlled manner for 3 seconds.

Isometric Phase: Pause weight on chest for 1 second.

Concentric Phase: Drive phase to lockout in 1 second. But when performing heavier weights for low reps, focus on accelerating the eccentric (lowering) phase of the lift.



**INCREASE
THE ECCENTRIC
PHASE TO
PROLONG TOTAL
TIME UNDER
TENSION.**

EXERCISE BARBELL SQUAT

Tempo: 1-0-1

Eccentric Phase: Lower down into the bottom of the squat in 1 second.

Isometric Phase: Do not pause the weight; use the stretch reflex at bottom of squat to reverse the movement and start to drive to lockout—0 seconds.

Concentric Phase: Drive phase to lockout in 1 second.

03 CONTINUOUS TENSION SETS vs. HEAVY COMPOUND SETS

"Continuous tension sets are a technique that involves keeping the tension on the working muscle groups by never resting the weight at lockout or midway through the repetition," Smith explains.

Translation: They up your time under tension. "The idea is that if you relax at lockout or the bottom range of the lift, the muscle comes off tension and you lose intensity of the muscular contraction."

According to Smith, continuous tension sets work well for supplemental lifts in which you're not lifting a maximal amount of weight with a heavy compound exercise (bench press, deadlift, squat, military press).

As a coaching cue, Smith also advises thinking of a max effort set into three single repetitions, rather than a set of three. By not locking out the weight for the higher-volume supplemental sets, he explains, you can keep continuous tension on the target muscle groups.

04 REVAMP YOUR RECOVERY PLAN

"Strength training makes you weaker," Smith clarifies. "It breaks your body down. Greater muscle mass comes from your body's recovery from the actual training."

So your ability to peak with every workout is directly related to how well you recover between training sessions. After your last rep, shift your focus to recovery using at least one of the techniques listed below. Pair it with proper nutrition and supps to get the best results.

Static stretching

Deep breathing drills

Sleep

Hydration

Low-intensity workouts

Sled dragging

Cardio

Epsom salt baths

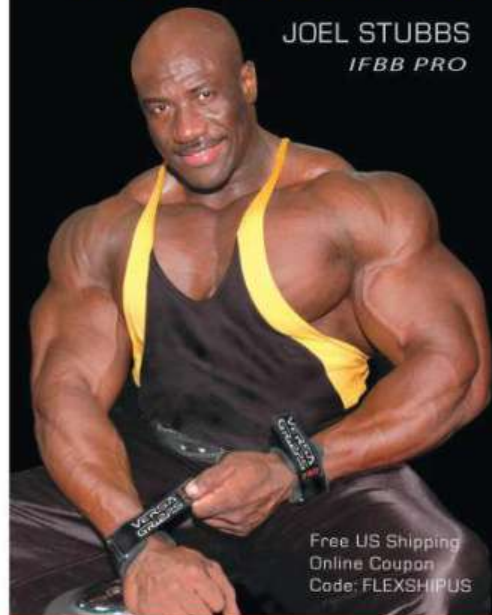
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05

RETHINK YOUR WARMUP

How's your flexibility? If the answer is "I'm too tight to answer," the off-season is the time to work on it. Elite bodybuilders, according to Smith, have impressive lower-body flexibility because they spend a great deal of time post-workout stretching their legs and hips. Not stretching enough will prevent you from having optimal technique and put your joints in a bad position when you're training.

Smith suggests a warmup routine that includes three elements: self-myofascial release (to massage away restrictions to normal soft-tissue extensibility), dynamic mobility drills (to improve range of motion), and activation exercises (to target the muscle groups you'll be working).

"Most lifters are very tight in the ankles, hips, upper back, chest, and shoulders," says Smith. "When pressed for time, incorporate mobility and stretching right into your program, during your work sets, to help improve your technique, and work on your specifically 'tight' areas."

WARMING UP PROPERLY PREPS MUSCLES FOR THE WORK SETS TO FOLLOW.

WARMUP EXAMPLE

Take a look at how a solid stretch program incorporated into your workout might look on paper

LEGS

Barbell Squat: 8 sets x 3 reps; rear-foot-elevated hip-flexor stretch

Leg Extension: 4-5 sets x 15-20 reps; high step on bench stretch

Leg Curl (with 3-5 second slow eccentrics): 4-5 sets x 15-20 reps; foam-roll glutes/hamstrings

Body-weight Cossack Squat: 4-5 sets x 3-5 reps each way; hip external rotator stretch on bench

GET WARM TO GET BIG

Smith's warmup covers more ground than your typical "135 for 10 reps" routine

Typical Tight Areas	SMR	Dynamic Mobility	Activation
Ankles	Foam-roll* on calves and front of shins	Ankle-mobility drills, calf-raise stretch	Calf raise, pogo jump
Hips	Foam-roll the glutes, hamstrings, adductors, and IT band	Striders rear-foot-elevated hip-flexor stretch	Hip thrust, dumbbell swing, back extension, glute bridge
Upper Back	Foam-roll the upper back and perform upper-back extension over the foam roller	Lat stretch on power cage	Face-pull, band pull-apart, dumbbell posterior flye, YTWL, inverted row
Shoulders/Chest	Foam-roll the lats, chest, shoulders, and triceps	Chest and shoulder stretches on power cage	Pushup, light dumbbell military press

***FOAM ROLLING:** Make sure you roll slowly and deliberately. If you don't have a foam roller, you can use a medicine ball, tennis ball, or lacrosse ball. **FLEX**

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THE **LEGEND** AND THE

WHAT HAPPENS WHEN A CURRENT PHYSIQUE CHAMP (SADIK HADZOVIC) LEARNS UNDER THE



BY JOE WUEBBEN PHOTOS BY PER BERNAL

APPRENTICE

GUIDANCE OF THE AESTHETICS ICON HIMSELF (FRANK ZANE)? YOU'RE ABOUT TO FIND OUT.



Three-time Mr. Olympia Frank Zane schools men's physique standout Sadik Hadzovic in the fine art of posing.

been comparing me to this guy Frank Zane," says Hadzovic. "And I had no idea who he was. I literally thought that he was somebody my age who went to the same gym as me at different hours. Everyone kept telling me, 'You look like Zane,' and I've never even met this guy. I'm like, 'What time does he train? Where's he at?' It wasn't until a few years ago when I was on the Internet that I stumbled across some bodybuilding footage and saw Frank Zane. And I was like, 'Holy crap, this guy is a former Mr. Olympia. That's a f—ing compliment.' And here I was thinking this guy was a normal dude."

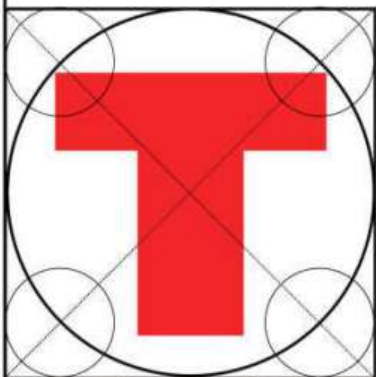
Finally, this past summer, Hadzovic flew out to the San Diego area to visit Zane's personal gym for an impromptu physique evaluation and accompanying training tutorial courtesy of his aesthetic predecessor—all captured by FLEX photographer Per Bernal.

"It was incredible," says Hadzovic. "To me, that was better than meeting the president of the United States. Frank Zane to me is like God. I daydreamed and thought about meeting this man, and not only did

The two had to meet. Just look at the resemblance. Sadik Hadzovic, owner of arguably the most aesthetic male physique in the world after winning the men's physique title at the 2015 Arnold Classic, and Frank Zane, the man who set the bar for aesthetics during a bodybuilding career

that saw him win three consecutive Mr. Olympia titles from 1977–79. No doubt Zane, now 73, could teach Hadzovic a thing or two considering his perspective and reputable wisdom for all things developed, chiseled, and symmetrical.

"What's funny is, the past 10 years of my life, no matter what gym I went to, everyone has

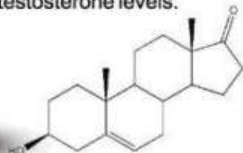




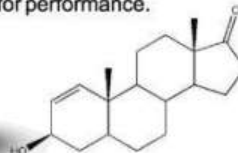
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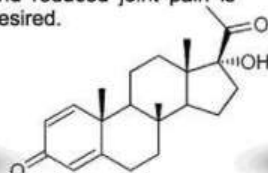


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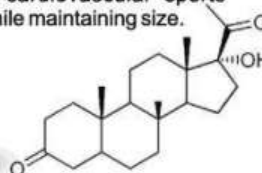
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Joe Leachy - NPC Competitor

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LEG EXTENSION

Here's an exercise that beginners and advanced bodybuilders alike think they have down pat. Not much to it, right? You lower the weight down until just before the plates rest on the stack, then you extend your knees all the way and hold the contraction for a count or two at the top of each rep. Zane has a different idea about how to perform leg extensions for carving in maximum quad detail.

Frank says: "Sadik needs to do a lot of leg extensions and basically learn to show cuts in his quads without having his knees locked all the time. That was one of the things we worked on. And then one-leg extensions is something he can do before competition using, like, four sets of 25 reps per leg with a limited range of motion—just from halfway up to locking out. Because that's how you get the quads to come out, by tensing them a lot. I told him to do this every day.

"But you don't try to hold the top of the extension on each rep and squeeze. I see people push the weight all the way up and then try to hold it at the top, but you can't do it. They catch it on the way down and then they drop it real fast. What I told Sadik was, push it up as hard as you need to, and then let it down slow. Always a slow negative."

Sadik says: "Frank said that I need more detail in my quads, and he said that I could accomplish this in a matter of four weeks time. He wants me to go into the 20- to 25-rep range. And he also wants me to do my leg extensions one leg at a time. And then I do 20 reps with both legs after we targeted each leg."

THE MASTER PUSHES THE STUDENT THROUGH A GRUELING SET OF LEG EXTENSIONS WITH THE GOAL OF ETCHING IN HIGH-DEF DETAILS.

I get to meet him, but he's also giving me his honest opinion and advice. I'm still in disbelief that it actually happened. I'm lucky."

Zane praised Hadzovic's blend of fully developed muscles, a tiny waist, and astute symmetry, but he also had constructive criticism. "Sadik has some great strong areas, but he's got some weak points, too," said Zane following the photo shoot. "And he needs to address those if he wants to make it to the top. You can't just be wearing Bermuda

shorts all the time. I mean, he's at the top of the physique division now, but he's a ways away from having what we would call a 'classic physique' as far as old-school standards go."

Hadzovic doesn't mind some critiquing, but he also understands the if-it-ain't-broke-don't-fix-it concept.

"I'm a very receptive person," he says, "and I went into this experience like a sponge. I wanted to absorb as much as possible. The stuff that

worked, I kept it and implemented it. The stuff that didn't work, I just left it alone. I'm the best guy in the world at what I do, and I did it without Frank. But that doesn't mean that I can't learn new things. I'm constantly looking to improve. He's someone I respect, so I know that if I implement 50% of what he taught me, it's going to make me that much better onstage. I know the stuff that I like, I know the stuff that he likes, and I put them together and make my own little formula."

In the following pages, we break down all the pointers Zane gave Hadzovic. If the prodigy can translate his elder's insight into an even more impressive stage presence, the men's physique division could see an Olympia three-peat of its own.

FLEX

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NUGGETS OF WISDOM

BONUS TIPS FROM BODYBUILDING'S ZEN MASTER

One-arm dumbbell overhead triceps extension

"This is one of the best, if not the best, exercise for the posterior head of the triceps—but only if you get a deep stretch," says Zane. "I encourage people to lean back a little bit and hold the upper arm close to the head, go way down behind the neck with the dumbbell and don't quite lock out at the top. Stop just a little short of lockout. With a lot of exercises, locking out is resting the area we're working. We don't want that. We want to go right to the point where the tension is increased to the max, and then go back down with it."

Overhead triceps stretch

Zane advises: "The best stretch after pullovers is the one-arm shoulder stretch where you pull your elbow back with one arm at a time. You want to pull your elbow back as far as possible. If you can't get it back real far, you're not really going to get maximum serratus development."

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DONKEY CALF RAISE



You'd expect to find a few classic machines from yesteryear in Zane's personal gym. The donkey calf raise is one such piece that caught Hadzovic's eye as he perused the weight room. But this machine is anything but a relic in Zane's mind; he still considers it one of the best calf developers there is. Makes you wonder why so many gyms got rid of them.

Frank says: "They still make these Nautilus donkey calf raise machines. I have one of the originals from 1978. Donkeys are one of the best exercises for working your calves."

Sadik says: "Frank likes this exercise a lot. For me, I just saw that donkey calf raise machine and said, 'Bro, that's an awesome calf machine. Can I try it?' I liked the way these felt."



ONE-ARM DUMBBELL ROW

This is another exercise, like the leg extension, where Zane goes against the grain on technique. In this case, he tweaks the form to hit one common weak area of the lats.

Frank says: "Sadik needs lower lats. His upper body looks great. His upper lats are great. He has tremendous deltoid development

and width and a small waist. But as the lats go down, they just sort of go straight down. They don't sweep. They don't curve around at the bottom.

"If you do dumbbell rows correctly, you can really get that lower, outer lat, so that's why I showed him this exercise. I had him standing on a block to get a lower stretch.

With this exercise, I got the best results when the upper body was parallel to the floor or slightly downward to the floor. A lot of times you see people doing this exercise with a knee on the bench and the upper body at a 45-degree angle to the floor. And they're pulling it up and basically working traps and rear delts and they're not getting

lower lats. But Sadik still has to work on his form. He has a tendency to arch his back. What he has to do is round his back out as he gets into the low-stretch position."

Sadik says: "Frank said I can bring out my lower lats a little more, so that's why I'm standing on that wooden platform. And I used to bring the dumbbell down a little lower to my waist and navel area, but he wanted me to bring it up to where I'm actually touching my chest. So I found that a little unique."

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DUMBBELL PULLOVER

The pullover isn't as popular these days as it was in the '70s, but plenty of physique athletes are still doing it. But are they doing it correctly? Zane had a few pullover pointers for Hadzovic on this day.

Frank says: "As far as exercises that develop the serratus muscles, dumbbell pullovers will do it, and pullovers in general, really. If you have a Nautilus pullover machine, that can get it, but really the best thing is the dumbbell pullover. Who had a good vacuum pose? Well, not many people. Bill Pearl had it, and he did a lot of dumbbell pullovers. Mike Mentzer had a pretty good vacuum, too, and he did a

lot of Nautilus pullovers. And then I had a good vacuum, and I did a lot of pullovers.

"Range of motion here is important. First thing to do is lie across the bench, and the base of your neck, right under the skull, should be exactly at the edge of the bench. And then you want to

hang your head down as far as possible. You lower the dumbbell with your arms slightly bent as low as you possibly can—very, very low, try to touch the floor. And then, with your arms bent at the same angle, you pull it over so it stops right over your nose or your mouth. Don't go past that, because if you

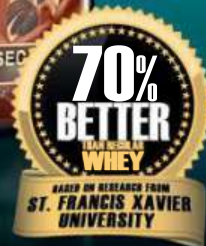
do, you relax the areas you're working. It's not like a pullover machine where you have stress the whole way. You only have it from all the way back until over your face, and that other portion you can't get with the pullover; you have to get it with the straight-arm pulldown. If you do, you have a superior combination. That pullover/pulldown superset is great for popping out the serratus."

ZANE'S VACUUM POSE WAS ONE OF THE BEST OF ALL TIME. HADZOVIC WORKS PULLOVERS IN THE HOPES OF MATCHING THE MASTER'S FORM.

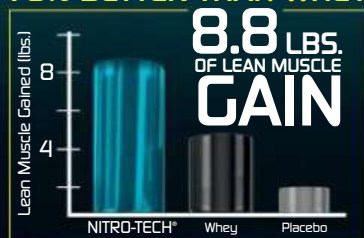
Sadik says: "I've been doing pullovers for a long time, but one thing Frank told me is that I have a tendency to hyperextend my back. So he wanted me to keep my lower back in more of a neutral position."

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SPLIT THE DIFFERENCES

HADZOVIC'S TRAINING SPLIT

- DAY 1 Chest
- DAY 2 Back
- DAY 3 Legs
- DAY 4 Delts
- DAY 5 Cycle repeats (no rest days)

"I do HIIT cardio every single morning in a fasted state," says Hadzovic. "I train abs every other day, and I don't train arms anymore because I don't want them to get too big. I like training arms, but we have to cater to the judges."

ZANE'S TRAINING SPLIT (Circa Late-1970s)

- DAY 1 Back, biceps, forearms, abs
- DAY 2 Abs, thighs, calves
- DAY 3 Chest, shoulders, triceps, abs
- DAY 4 Rest
- DAY 5 Cycle repeats

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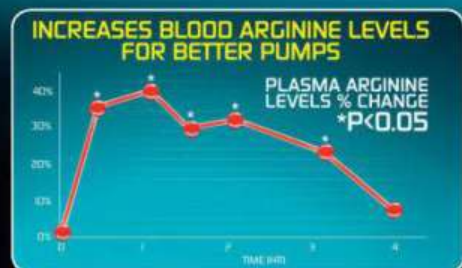
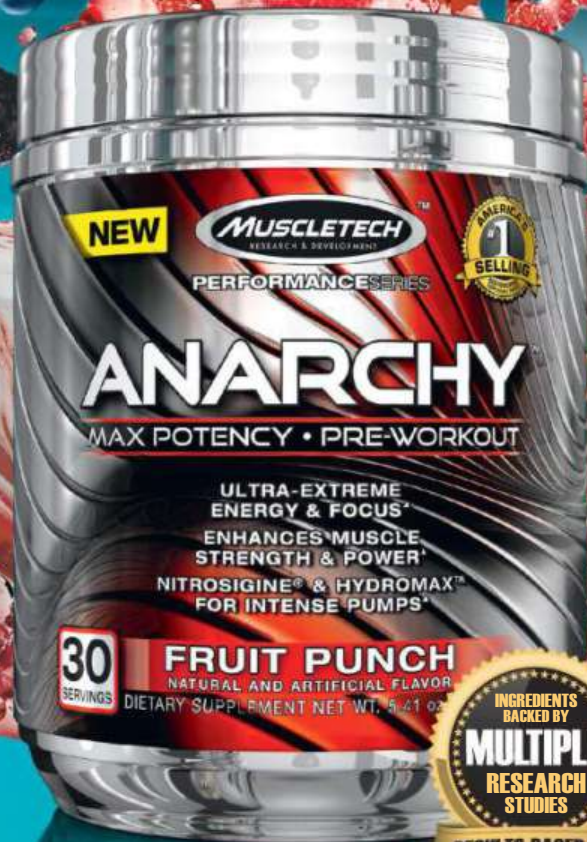


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- Ingredients backed by multiple research studies
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THE ANARCHY™ ADVANTAGE

	ANARCHY®	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
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HydroMax™	1g	Zero	Zero	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero
Beta-alanine	3.2g	3g	Zero	2g

Amounts displayed on the chart are based on a full dose.

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ONE-ARM AND TWO-ARM LAT STRETCH

Traditional stretching techniques are a lost art in modern-day bodybuilding as well as in the fitness community at large. But Zane still swears by it, placing as much emphasis on stretches as he does on lifting sets.

Frank says: "The way we train here at my gym is, immediately after we do a set we do a stretch that works the body part we're training. So if you're doing, let's say, front pulldowns or low cable rows, you do a two-arm lat stretch to keep the blood in the area, to keep it warmed up, and to enhance flexibility. The one-arm lat stretch is just hitting one lat at a time, and that's what we do right after one-arm dumbbell rows to pop out the lats.

Enhanced flexibility will help your posing, but it will help in your workout, too. You'll get a better pump, you'll stay warmed up, you'll lessen the chance of injuries, you may even be stronger on your next set. So it helps everything. I think if you don't stretch enough and you just train heavy and slow all the time, you will lose your range of motion to some extent. You've got to train that too."

Sadik says: "In between every set, Frank had me stretch. And I've been doing that religiously on back days ever since." **FLEX**



STRAIGHT-ARM PULLDOWN

The straight-arm pull-down is an exercise that requires a high degree of mind-muscle connection to hit the desired target. It's an isolation move that can easily cease to isolate when you use too much body English. Most people consider this a dedicated lat exercise, but not Zane.

Frank says: "With any exercise, you have to discover if you're doing it right by, first of all, feeling the pump in that

area while you're working it, and then getting sore there the day after the workout. That's how you find out what's working what. With this exercise, you should feel it in the serratus and also the posterior head of the triceps, just as you do with pullovers. I would work that combination as the last exercises in my chest routine, and then traditionally I work triceps right after that, since my triceps are pumping up somewhat.

The last exercise on the body part sort of has a transition into the next body part.

"We're using what's called a Tri-Bell attachment. If I did these with a straight bar, it would be with a closer grip."

Sadik says: "Frank didn't want me to squeeze and hold at the peak of the contraction. He's all into tempo and movement, so he doesn't want any holding or contracting at the peak."

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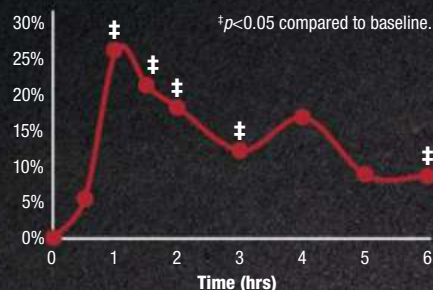
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BY MATTHEW KADEY
PHOTOGRAPHS BY BRIAN KLUTCH

FOOD STYLIST: ED GABRIELS



There is a section of the grocery store that nobody wants to be caught lingering in. No, it's not the dairy aisle, despite the onslaught of sugary calories it can provide. No, it's not the bulk aisle, where the temptation to sneak a chocolate-covered almond or two is hard to resist. And it's definitely not the deli counter where the cute girl slicing up prosciutto has caught your eye. The place in the supermarket where you're likely to tilt your head down and get in and get out fast is the canned-food aisle. That's because canned food is considered a last resort when it comes to feeding yourself, worthy of little more than sustenance for college kids or your cat.

But there is no reason why you should be ashamed to pile your grocery cart high with tins. That's because savvy shoppers know that the right canned food can deliver all the protein you can stomach at budget-friendly prices, not to mention plenty of other surprising nutritional perks to help you get jacked. Also consider canned proteins like beans and fish as your answer to shortcut healthy meals. So raise your head high and push your cart into the darkness with pride on the hunt for these protein heavy-weights as you proudly shout: "Don't damn the can!"



CANNED CHICKEN

VIETNAMESE BAHN MI CHICKEN SANDWICHES SERVES 2

While there is nothing particularly glamorous about chicken stuffed into a can, it's a great way to load up your sandwiches and salads with protein without needing to turn on the oven. Since canned chicken is, essentially, just chopped-up white meat, it has a stellar protein-to-fat ratio of about 5 to 1, making it a convenient way to help you amass more mass. Inside each can is also a significant amount of selenium. Acting as an antioxidant, selenium may help speed up recovery from your time heaving iron by lessening the muscle cell-damaging effects of exercise-induced oxidative stress.

INGREDIENTS

- 2 tbsp rice vinegar
- 2 tsp honey
- 2 tsp fish sauce
- 1 medium carrot, cut into thin matchsticks
- ½ small English cucumber, thinly sliced
- 2 (5 oz) cans chicken
- ⅓ cup plain yogurt
- ¼ cup chopped cilantro
- 2 scallions, thinly sliced
- 2 tsp finely chopped ginger
- 2 tsp Sriracha chili sauce
- Juice of ½ lime
- 4 slices sprouted bread, preferably toasted

DIRECTIONS

Whisk together rice vinegar, honey, and fish sauce in a bowl. Add carrot and cucumber. Set aside for 30 minutes. In a separate bowl, stir together chicken, yogurt, cilantro, scallions, ginger, chili sauce, and lime juice.

Divide chicken mixture between 2 slices of bread and top with vegetables and remaining bread slices.

NEED TO KNOW

Look for chicken that is canned in water instead of broth or oil for a cleaner product.

MACROS PER SERVING

CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
389	43	41	6



CANNED SARDINES

SARDINE, QUINOA & ZUCCHINI NOODLE BOWL SERVES 2

Few foods can offer such a fantastic nutritional value for your buck as do wrongly maligned sardines. They supply top-notch protein (nearly 23 grams in a typical can) along with laudable amounts of must-have omega-3 fatty acids, which have been shown to help turn on muscle protein synthesis. In fact, a single can of sardines delivers more than twice the amount of daily omegas that scientists recommend for optimal health. Sardines are also a fantastic source of vitamin D that has been revealed to positively impact testosterone levels. Eat the softened bones for good amounts of calcium to help fortify bone strength.

INGREDIENTS

- ½ cup quinoa
- 1 medium-size zucchini
- 3 tbsp extra-virgin olive oil
- 1 cup cherry tomatoes, halved
- 2 garlic cloves, chopped
- 1 tbsp red wine vinegar
- 6 canned anchovies
- ¼ cup parsley
- ¼ tsp red chili flakes
- ¼ tsp black pepper
- 2 (3.75 oz) cans sardines, water packed, drained
- 2 tbsp chopped walnuts

DIRECTIONS

Place quinoa and 1 cup water in a small saucepan. Bring to a boil and reduce heat until quinoa is tender, about 12 minutes.

Use a julienne peeler or a sharp knife to cut zucchini into noodle-like strands.

Heat 1 tbsp oil in a large skillet over medium heat. Add tomatoes and garlic; heat 2 minutes, or until tomatoes have softened. Add zucchini noodles and heat until zucchini is tender, about 2 minutes.

Blend together remaining oil, 1 tbsp water, red wine vinegar, anchovies, parsley, chili flakes, and black pepper.

Place quinoa in bowls and top with zucchini noodle mixture, sardines, and walnuts. Drizzle on dressing.

MACROS PER SERVING

CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
685	27	36	38



CANNED TUNA

TUNA SWEET POTATO BURGERS SERVES 2

This supermarket standard remains a bodybuilding staple for good reason. With up to 22 grams of protein in a 3-ounce serving, canned tuna can undeniably keep mass growth going in full force. Frugal shoppers will rejoice that less pricey canned light tuna contains just as much protein as canned white (albacore) tuna. The protein-packed flesh also contains notable amounts of selenium and vitamin B12. Your body requires vitamin B12 to convert the food you eat into the energy you use to show off on the gym floor. Vitamin B12 is also necessary to make DNA, the genetic material at the heart of all cells in the body including those that make up skeletal muscle.

NEED TO KNOW

The downfall of canned proteins is that they are often packed in cans lined with the sketchy chemical bisphenol-A (BPA). Many companies are now using cans not lined with BPA, so you don't need to consume chemical cuisine.



INGREDIENTS

- 1 medium-size sweet potato, peeled and chopped
- 2 (5 oz) cans water-packed tuna, drained
- ½ cup breadcrumbs
- 1 large egg
- 2 scallions, chopped
- 1 jalapeño pepper, seeded and minced
- 2 tsp Dijon-style mustard
- 1 tsp garlic powder
- 1 tsp cumin powder
- ⅓ cup olive oil mayonnaise
- ¼ cup finely chopped oil-packed sun-dried tomatoes
- 1 tbsp fresh lemon juice

DIRECTIONS

Steam or boil sweet potato until tender. Place cooked sweet potato in a large bowl and mash. Stir in tuna, breadcrumbs, egg, scallions, jalapeño, mustard, garlic powder, and cumin powder. Form mixture into 4 patties and cook in an oiled skillet over medium heat for 3 minutes per side, or until golden on both sides.

Stir together mayonnaise, sun-dried tomatoes, and lemon juice. Serve burgers topped with mayonnaise.

MACROS PER SERVING

CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
673	40	31	42



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CANNED SALMON

SALMON LETTUCE TACOS WITH ORANGE SALSA SERVES 2

When it comes to canned fish, there are plenty of reasons to cast your line for salmon. It's a fantastic means to load up on muscle-sculpting protein, with a mere ounce serving delivering nearly 7 grams of this much beloved macronutrient. The protein in this swimmer contains a full arsenal of all the amino acids. Another big bonus is significant levels of mega-healthy omega-3 fats. Recent research suggests that higher intakes of these overachieving fats can reduce muscle soreness. You'll also reap the rewards of consuming a greater amount of vitamin D. A recent University of Wyoming study found that athletes with higher blood vitamin D levels were less likely to pack on the fat. Canned sockeye salmon harbors about 60% more vitamin D than its canned pink counterpart.

INGREDIENTS

- 1 orange, peeled and chopped
- 1 small red bell pepper, chopped
- 1 jalapeño pepper, seeded and minced
- 1/3 cup chopped fresh mint
- 1 scallion, thinly sliced
- 1/4 tsp salt
- 1/2 cup plain Greek yogurt
- 1/2 avocado
- 2 (5 oz) cans salmon, drained and flaked
- 6 large lettuce leaves

DIRECTIONS

Toss together orange, red pepper, jalapeño pepper, mint, scallion, and salt. Place yogurt, avocado, and lime juice in a blender container and blend until smooth.

Divide salmon among lettuce leaves and top with orange salsa and avocado cream.

MACROS PER SERVING

CALORIES	PROTEIN (g)
317	38
CARBS (g)	FAT (g)
19	12



NEED TO KNOW

Most of the canned salmon on the market comes from healthy Pacific wild stocks, making it a sustainable catch of the day.



CANNED BEANS BEAN AND TURKEY BACON SOUP SERVES 4

Muscle men shouldn't rely solely on animal flesh for their protein fix. That's because canned beans have something very important that tinned meats lack, namely fiber. For example, on top of supplying about 20 grams of plant-based protein in a one-cup serving, navy beans deliver a whopping 13 grams of dietary fiber. Essentially indigestible by the body, fiber works to slow down digestion, which can benefit your physique in two ways. First, a high-fiber diet helps promote satiety, which can go a long way in reducing those craving-induced visions of doughnuts dancing in your head in response to heavy training. Also, by slowing the release of the carbohydrates contained in a meal into your bloodstream, fiber works to lessen any spikes in blood sugar, which brings about a more moderate release of insulin that can put the breaks on fat storage. On top of protein and fiber, lowbrow canned beans also supply a wide range of vital vitamins and minerals an active body needs.

INGREDIENTS

- ½ lb lean turkey bacon
- 1 yellow onion, diced
- 2 medium carrots, chopped
- 2 tbsp tomato paste
- 1 tsp dried thyme
- ¼ tsp chili powder
- ¼ tsp black pepper
- 2 (14 oz) cans navy beans, drained and rinsed
- 5 cups low-sodium chicken broth
- 4 cups chopped collard greens

DIRECTIONS

Cook lean turkey bacon in a skillet over medium-low heat until beginning to turn crispy. Transfer bacon to a paper towel-lined cutting board and let cool; reserve fat. Once cool enough to handle, chop bacon into ½-inch pieces.

Heat 1 tbsp of the reserved bacon fat in a large saucepan over medium heat.

Add onion and carrot; cook until softened, about 6 minutes. Add tomato paste, thyme, chili powder, black pepper; heat 30 seconds. Add beans and chicken broth and simmer for 15 minutes. Stir in collards and heat until wilted. Add bacon.

MACROS PER SERVING

CALORIES

578

PROTEIN (g)

39

CARBS (g)

50

FAT (g)

26



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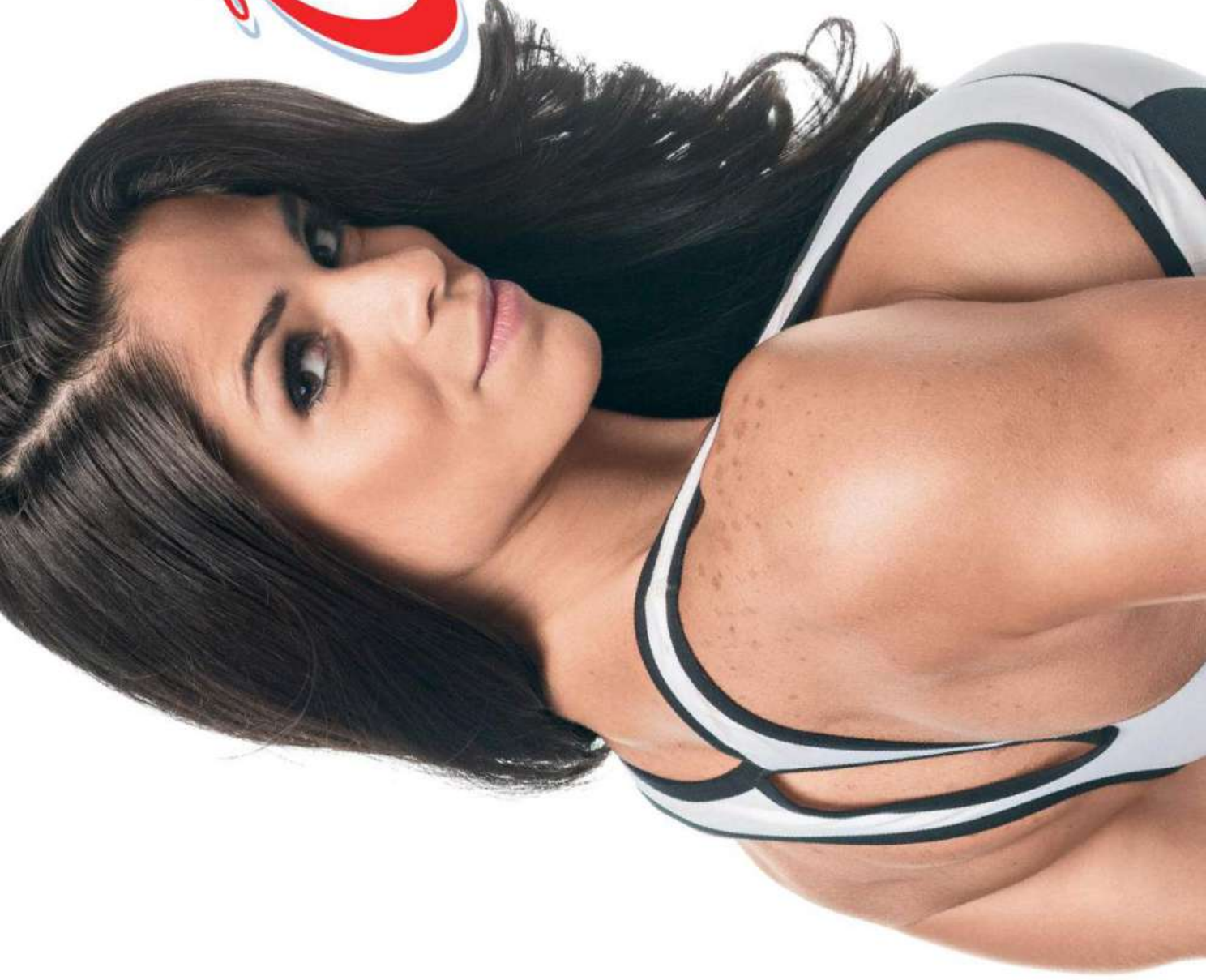
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INSTAGRAM: **@MICHELLE_LEWIN_**








BY TIMOTHY C. FRITZ PHOTOGRAPHS COURTESY OF WEIDER HEALTH & FITNESS

RESURRECTION OF A TITAN

THE NEAR-DEATH EXPERIENCE OF LEGENDARY BODYBUILDER BILL GRANT

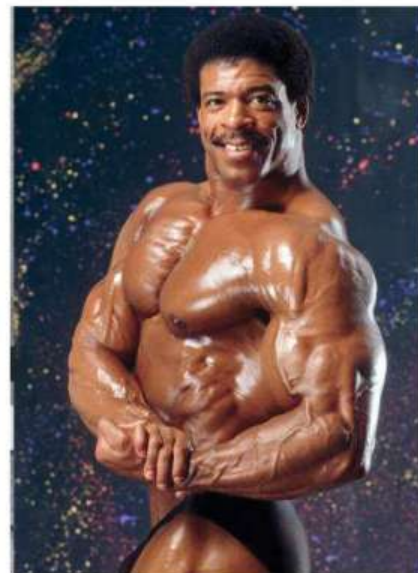
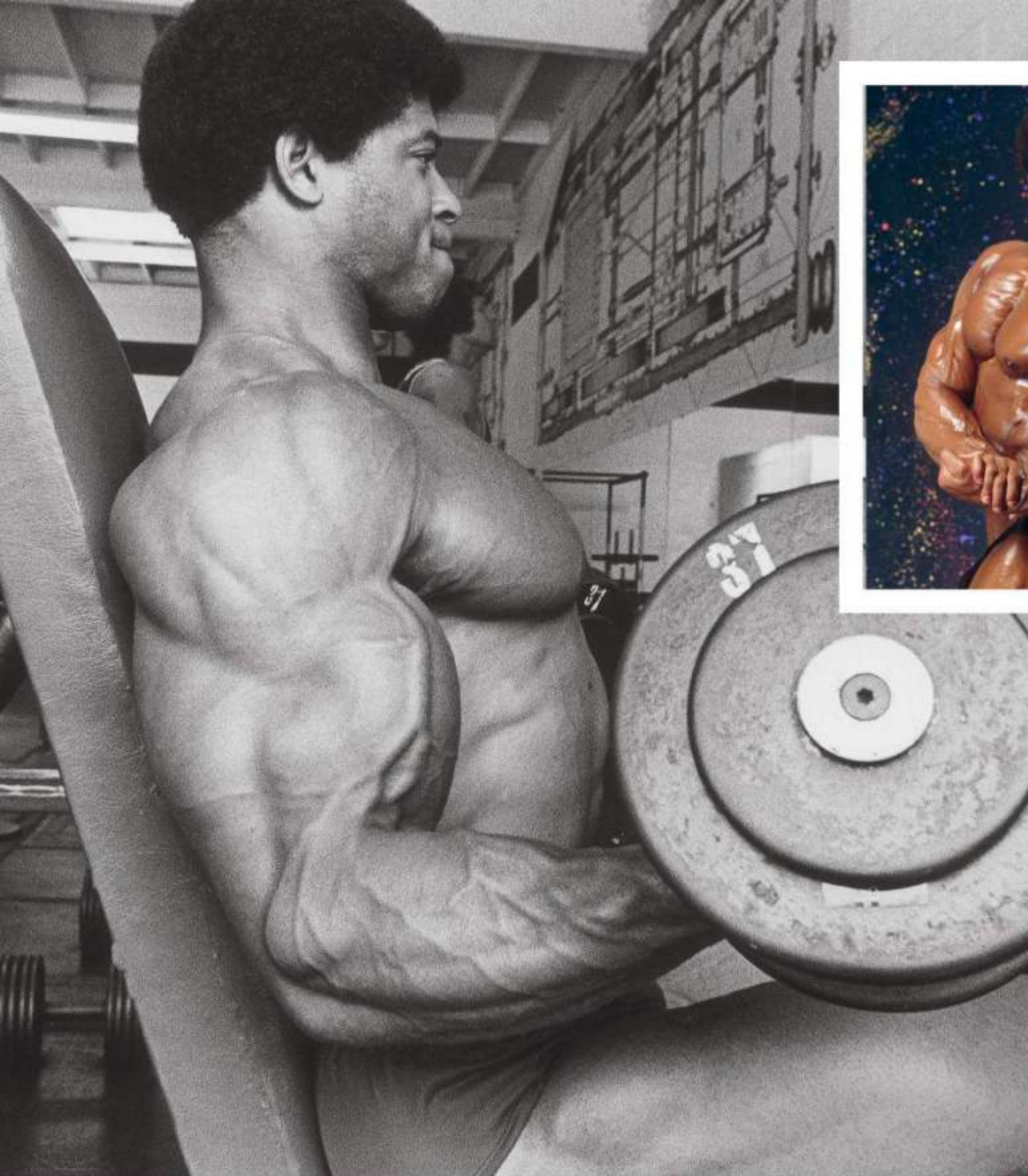
 **Schwarzenegger, Columbu, Zane, Grant.** Not all are household names, yet all are synonymous with the term “champion bodybuilder,” and all are from the iconic *Pumping Iron* and Gold’s Gym days of the ’70s. Each is an epic story in and of themselves, yet the focus here is on the legendary Mr. World and Mr. America, Bill Grant.

Grant was a scrawny kid who started working out in his early teens to put some meat on his bones. He made some significant gains and started competing before the age of 20.

By 1972, Bill “Man of Steel” Grant was on the podium proudly holding the Mr. America trophy. Two years later, he was crowned Mr. World. Grant’s name was chiseled into the bodybuilding history books.

The rest is history, as they say. From TV and commercials to movies and books, to charity work, to being a spokesperson and advocate, to his own nutrition supplement company, Grant has been successful in virtually every endeavor he’s undertaken.

But something happened about five years ago that nobody ever saw coming.



Left: Grant does strict, seated dumbbell curls for his famous biceps at Gold's Gym in Venice, CA. Above: Grant's side chest shows his stellar proportions.

ONLY MORTAL

In mid-2010, Grant started feeling ill. It didn't seem like anything serious at first, but as time went on, the sickness got worse. He began seeing doctors, but there was no diagnosis or cure to be found.

"When it first started, it was just bothering me a lot, just pain in my stomach," he says. "Three years that went on, and it progressively got worse. And I was absolutely really, really, really getting scared."

"It got to the point where I was going to the hospital—over one year—65 times. I was at the hospital in the emergency room sometimes twice a day."

A DUEL WITH DEATH

Grant was eventually diagnosed

with diverticulitis, a condition marked by pockets in the digestive system that can trap small food particles and become inflamed or infected. In Grant's case, the condition was very painful. The vomiting and diarrhea kept him at home for the better part of two years.

"It was bad. I was very weak. It was so bad at one point I had to have a visiting nurse come help me. I thought I was going to die, and there were times I wanted to."

"Nobody would want to live like this. I couldn't go outside; I couldn't go too far, not knowing whether I

"I COULDN'T GO OUTSIDE; I COULDN'T GO TOO FAR, NOT KNOWING WHETHER I WAS GOING TO BE THROWING UP."



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No bloated gut here! Grant's fabulous abs put the finishing touch on a physique that had it all.

was going to be throwing up or going to the bathroom.

"My stomach was in such pain. [I was] going back and forth to doctor, to doctor, to doctor, and nobody knows what to do. And they're giving me all this medication—it's making me even sicker!

"I'm just getting sicker and sicker and sicker. And now at this point, unfortunately, I can't train anymore. I couldn't get out of the house."

During the final month of his illness, Grant lost 40 pounds. It was then that his situation became critical. He was later told that if it were not for bodybuilding and the condition he was in, the weight loss probably would have killed him.

"Every day I prayed, every day. Am I going to wake up tomorrow?"

Everything came to a head early one morning when Grant found himself on the floor, doubled over in pain. His nephew, who was visiting at the time, asked if he could take his uncle to the hospital. Grant declined, but the pain soon became unbearable.

"A little bit after [my nephew] left, all hell broke loose. My stomach was so bad, I was on the floor. My body was starting to shut down at this point. Of course, I [later found out that I] had a perforated colon. I was in tears.

"I thought to myself: 'Oh, man, I'm dying, man; I've got to get to the hospital.' I picked myself off of the floor, and I got in my car."

Despite the crippling pain, Grant managed to drive himself to the hospital.

"I'm dragging myself into the hospital. I mean, I'm half-dead now. And I told the doctor: 'Oh, man, I'm in pain; I feel like I'm dying.'"

"You know what that guy told me? 'You are dying. You need surgery now.'"

A team of doctors worked on him for about 2½ hours.

"They had to take my intestines out—totally take them out—on the table."

BLACKSTONE

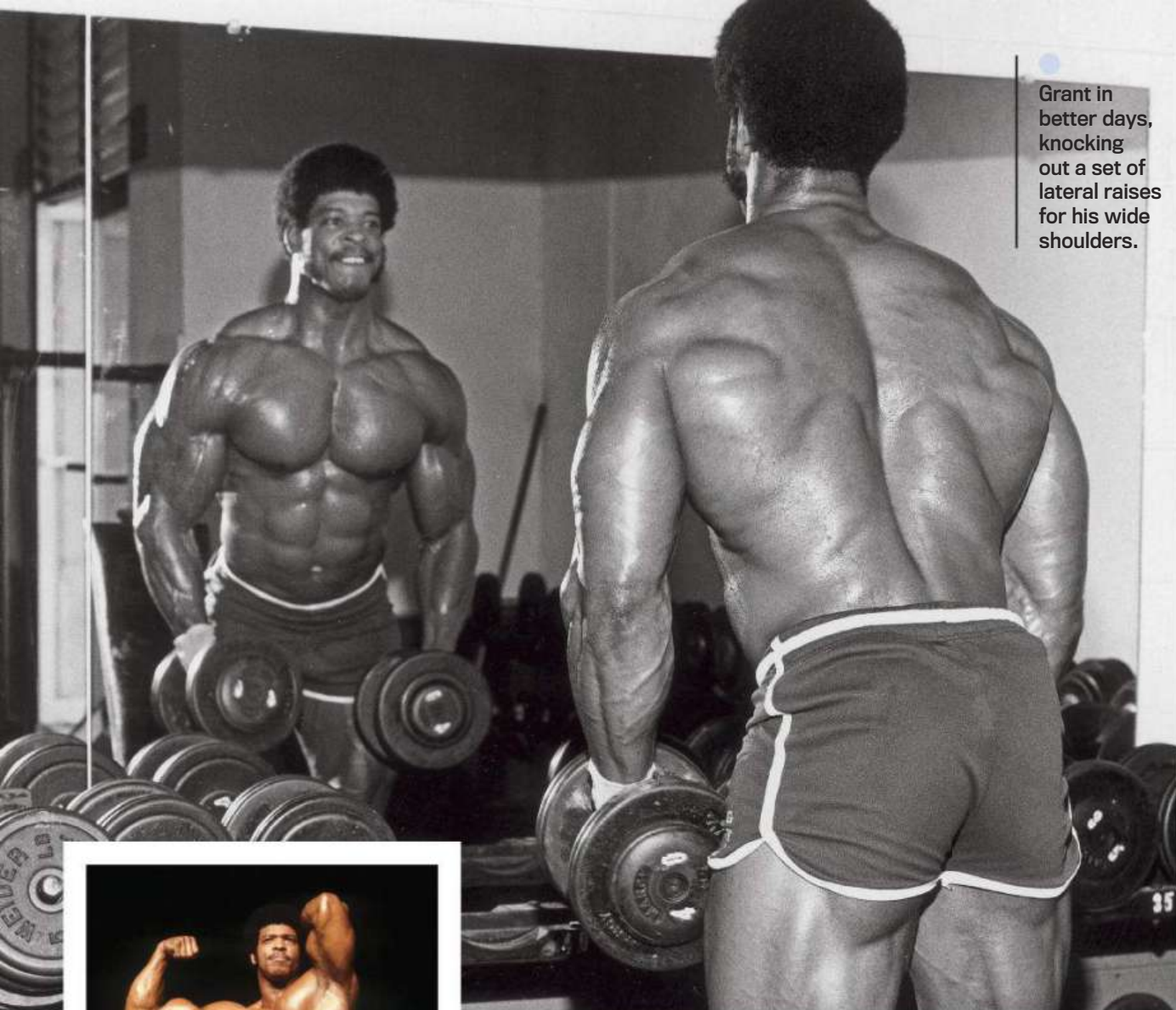
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Grant in better days, knocking out a set of lateral raises for his wide shoulders.



VICTORY, WITH MINOR CASUALTIES

Grant awoke from surgery not knowing what had happened. He soon learned that if he had waited until morning to go to the hospital, he probably would not have lived.

"When I came out of the surgery, it wasn't a sight that you would want to see. I always had the best abs in the world. They're not like that anymore. They had to cut right down the middle. I had 18 staples—

staples—in my chest, right down my stomach down to my crotch, man! Not only was that there, then they had stitches underneath. Oh, that's not it—then I had a colostomy bag!

"It was the worst experience in my life."

Despite all this, Grant stayed optimistic.

"To this day I keep thinking about this: 'Wow, here my abs were all scarred, but guess what? I'm still alive.'"

BACK WITH A VENGEANCE

After allowing his colon to heal for a couple of months, Grant was able to lose the colostomy bag. After a year, he was finally ready to start working out again.

"It was horrible. I'd do one set and I was half-dead. I couldn't do very much, because I had no energy; I had no muscle. It's like if I'm gonna get back, I'm just going to train just like I did when I was a kid as a

"I'M JUST GETTING SICKER AND SICKER AND SICKER. I CAN'T TRAIN ANYMORE. I COULDN'T GET OUT OF THE HOUSE."



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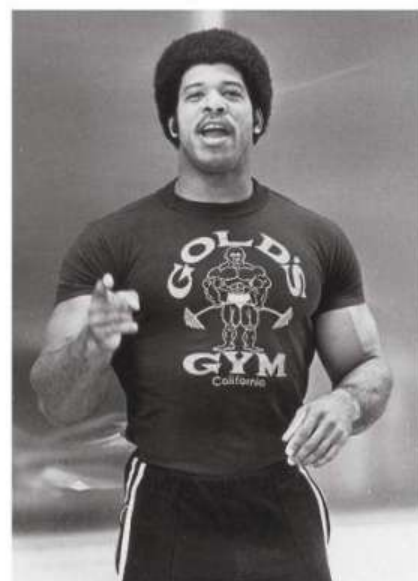
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Grant was one of bodybuilding's premier spokesmen during the '70s and '80s. He continues to advocate the fit and healthy lifestyle, even more so, to this day.



beginner. I'm just going to go real easy."

Grant has since gained all his weight back and feels better than he did 15 to 20 years ago. Physically, he's the same man he was before the illness. But one does not go through such an experience and not come out on the other side changed in some way. Grant now sees life—and bodybuilding—in a different way.

"It's a real wake-up call to me about everything. About life—how you're going to treat it, how you're going to treat people, what you think about family.

"Every day I kinda reflect on what life was like back in the day when I was a kid and training and never thinking—*never thinking*—that I would be incapacitated like this. I'm good

now, but this is about, what, five years later now? I went through hell—literal hell—and I don't want anybody to go through what I went through."

A MESSAGE FOR THE MASSES

Grant now advocates weight training for health more than for size. He trains his clients to work hard, eat right, and be healthy. His message for young bodybuilders is the same, but it includes a warning about the increased use of substances that are not only making today's bodybuilders huge but also robbing some bodybuilders of their health and, in some case, their lives.

"The most important thing I have to say is that we have to cut back on what we're doing. You know, I'm just

telling guys out there that they gotta be really cautious. We've lost a lot of young bodybuilders. They have to understand there's life after bodybuilding, and you have to be very careful.

"I'm not saying I'm against steroids, which I did, but I think they had something to do with what happened to me. And I'm saying now, be careful—watch what you're doing. You only get this life once. It's not coming back when you're gone.

"All these guys who are bodybuilders look fantastic on the outside, you know. But who knows what's going on inside? Who knows, especially with what we're doing, we really don't know, but we can see now that taking massive doses of this stuff could be deadly.

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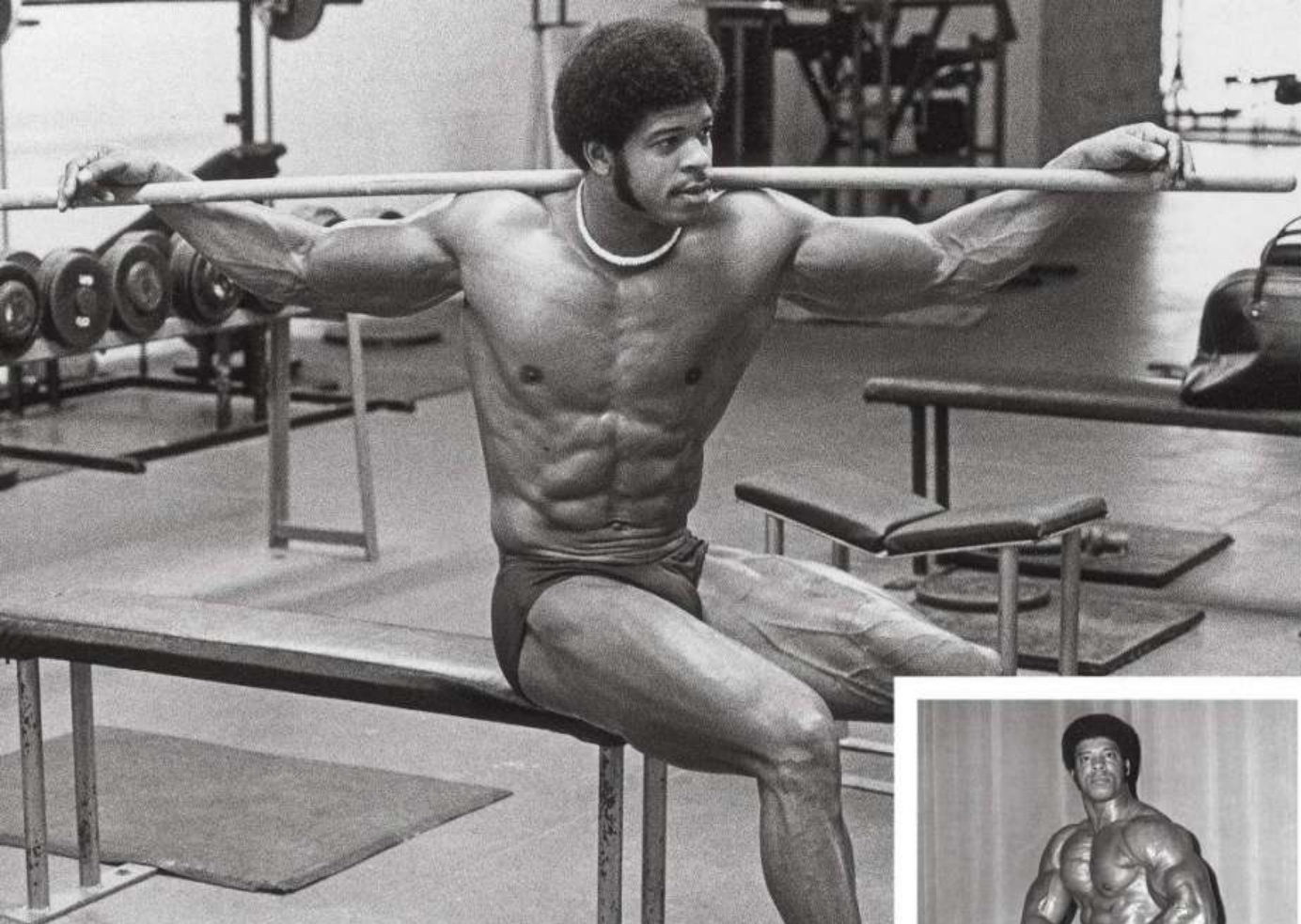
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Grant is making the most of his second chance. He educates others on the right way to pursue the sport he loves.

FINAL THOUGHTS

With all that Grant has been through, he’s remained positive and has dedicated his life to spreading the word about the sport he loves and about healthy ways to train and live. He’s been given a second chance, and he’s making the most of it.

“I’m really going after people with this. I’m a messenger. I feel I need to tell other people what they should be doing and what they shouldn’t be doing. And, believe me, I’m spreading the word, man. Now I’m trying to utilize this time, and I’m trying to teach people about eating right, doing all the right things, thinking about family.

“It’s all about longevity. Today, for me, training is all about longevity. I’m not worried about how much

weight I can use; I’m for the health point now—that’s it. I want to stay in shape, I want to look good, I want to feel good, and most of all, I don’t want anything to happen again. I want my insides to be good. I’ve gotten a second lease on life, and so now I’ve gotta do the right thing. I gotta make sure other people get this message. If [we] can make a difference in somebody’s life, one person at a time, what a great world we would have.”

Grant is particularly grateful for all the support from family and fans. “For all the fans, I tell you, man, they all chimed in on my Facebook page. I had a lot of support, not only from my family but a lot of my fans, too, and that really means a lot. I just feel so blessed that I’m still here.” **FLEX**

SO YOU WANNA GET BIG?

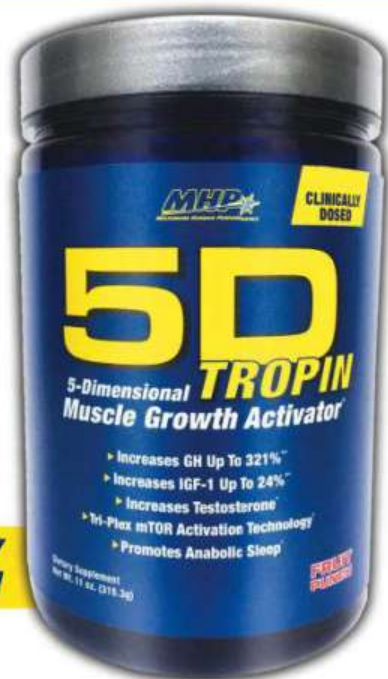


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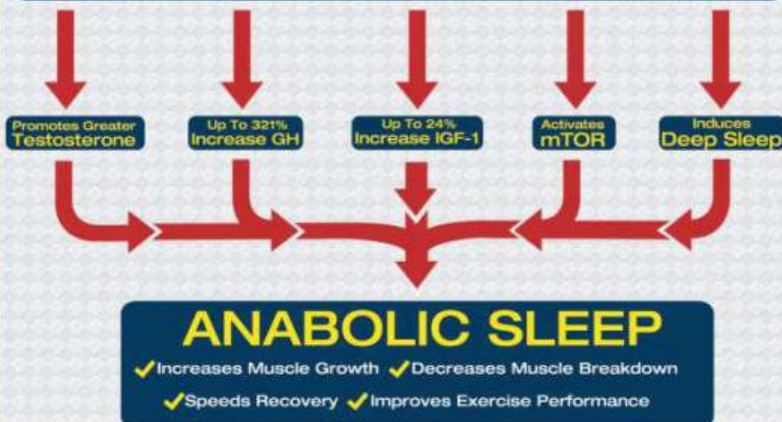
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BACKBURNER



BY GREG MERRITT
PHOTOGRAPHS BY KEVIN HORTON

It's hot. Triple-digit hot. Desert hot. That's the forecast most every summer day in Kuwait City, just as it is 8,000 miles away in Las Vegas. Though it's comfortably cool in Oxygen Gym, as it will be in Orleans Arena in September, Mamdouh "Big Ramy" Elssbiay brings the heat to his back workout, grinding out set after set, hoisting 315-pound barbell rows and repping out five-plate partial deads, making additions to what are already two of the largest lats the world has ever known. And all the while he's focused on that other man-made oasis in that other desert, the place where the Mr. Olympia is staged. It's hot. But if all goes according to Ramy's plan, the ultimate bodybuilding contest is about to get a lot hotter.

HAMMER STRENGTH CLOSE-GRIP PULLDOWN

SETS 4 **REPS** 10 **WEIGHT** 270

EQUIPMENT Hammer Strength Iso-lateral Close-grip Pulldown

GRIP Underhand with straps, index fingers at outer edges of handles

FORM After two light warmup sets of wide-grip front pulldowns at a pulldown station, Ramy moves to the Hammer Strength machine. He stays upright with his abdomen against the support pad for most of each rep, but he leans back slightly near the end. His emphasis is on full ranges of motion with maximum stretches and contractions.

FOCUS With this machine, Elssbiay's pinkies go from 14 inches apart at stretches to 22 inches apart at contractions, so he's pulling his elbows not just down but also from in front of his body to his sides and from closer together to farther apart. Thus, he activates different back muscle functions. "I focus on pulling my elbows back as far as possible to feel it in the inner back," he says. His trainer assists with forced reps on his final set.

MAMDOUH
"BIG RAMY"
ELSSBIAY
BLASTS BACK
IN KUWAIT

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This year, Elssbiay worked with trainer Ahmad Alaqi, who brought a progressive component to training days. "For the chest, back, shoulders, and legs, we vary the rep range from 15 to 6," Alaqi explains. "Each week, we decrease the number of reps. So we start Week 1 with sets of 15 reps. Next week we go to 12 reps. The week after, 10, then eight, and finally six. And then we go back to 15 and start over again." As the reps go lower, the weights grow bigger over the five-week progression. (For arms, the reps stay in the 10-to-15 range with an emphasis on maximizing pumps.)

The day FLEX watched Elssbiay work back under Alaqi's supervision

in Oxygen Gym was a Week 3, 10-rep session. This means 10 was the target for every working set, though sometimes Big Ramy grinded out an extra rep or two with Alaqi's helping hands. Trainer and trainee rarely spoke. During the last two exercises, when intensity

BIG RAMY USES A WIDE ARRAY OF EXERCISES TO BRING THE SIZE.

was at risk of waning, the phenom who has won all three of his non-Olympia shows clamped his red Beats headphones onto his ears, and hip-hop drove him through the toughest reps as his face contorted with pain. Mamdouh Elssbiay already has the world's widest back. But in workouts like the one we observed, he's attacking that back with a diversity of exercises and angles, all designed to accentuate the plateaus and canyons of his dorsal landscape—all those relief-map details that give Phil Heath his Olympia-winning edge. That's what Big Ramy wants now. If and when he gets it, his hang-glider lats may, in turn, give him the winning advantage.

HAMMER STRENGTH ROW

SETS 4 **REPS** 10 **WEIGHT** 270

EQUIPMENT Hammer Strength Iso-lateral Low Row (this machine's levers are attached above)

GRIP Parallel, holding the lever bars near their bottoms (just above where the handles attach)

FORM Since the handles aren't used, it's as if his arms and the machine's arms are one and the same, with his elbows functioning as the only hinges. His abdomen never moves from the support pad as he does each rep. He attains a full stretch and contraction each time.

FOCUS With the lever mechanics of this machine, rows are pulled in a downward arc and then slightly upward at contractions. This, coupled with his pulling his elbows back as far as possible, focuses more on his lower lats. Gripping the lever bars instead of the handles also allows him to get his elbows farther back at contractions.



ELSSBIAY'S WORKOUT PROGRESSION

WEEK	TARGET REPS
1	15
2	12
3	10
4	8
5	6

BARBELL ROW



SETS 3 **REPS** 10 **WEIGHT** 315

EQUIPMENT Olympic barbell, rack

GRIP Overhand with straps, thumbs at inner edge of knurling

FORM He cinches up his training belt before each set. Taking a relatively narrow grip for someone so wide, Big Ramo stays mostly upright with his upper body at an angle approximating the minute hand at 10 o'clock. He pulls the bar up, grazing the sweatpants covering his colossal quads, and into his waist.

FOCUS This year's Arnold Classic Brazil champ watches himself in a mirror throughout each set. With his mostly upright positioning, he targets his upper, inner back (lower traps). And 315-pound rows are excellent for overall dorsal thickness. The two D's, density and detailing, were Big Ramo's emphasis on back days in 2015.

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V-HANDLE PULLDOWN

SETS 3 **REPS** 10
WEIGHT 210

EQUIPMENT

Pulldown station, two D-handles

GRIP Parallel with straps

FORM The secret to this V-handle pulldown is that it's actually performed with two D-handles (both attached to the same snap link at the end of an overhead cable), which creates a collapsible and expandable V-handle. At the stretch of each rep (arms straight up), Ramy's palms are nearly together. As he pulls down, he moves the handles apart, so at each contraction the handles are as separated as possible. The D-handles go from nearly perpendicular to the floor at the start to nearly parallel to his chest at the bottom. He also leans backward slightly throughout the concentric half of each rep.

FOCUS Two D-handles give him greater mobility than a V-handle, and this allows him to expand his range of motion, getting longer stretches at the top of reps and stronger contractions with his elbows pulled farther back at the bottom of reps. It may seem minor, but these little tweaks can make a big difference when multiplied by reps and sets and workouts. "I like the freer motion on every rep and the better squeeze at the bottom of reps," Elssbiay says of the twin D-handles.



Use both wide and narrow hand spacings to target all areas of the complex back musculature. V-handle pulldowns allow for a greater stretch at the top and a stronger contraction at the bottom.



TOP DEADLIFT

SETS 3 REPS 10 WEIGHT 495

EQUIPMENT Olympic barbell, rack

GRIP Overhand with straps, shoulder width

FORM After a warmup set with 315 to set his range of motion, Big Ramy proceeds to five plates. He wears a belt. Because each set is launched by taking the weight from a rack, he starts from the top position (body straight). He then lowers the bar to his knees, which have unlocked only a little, and pulls the bar back up to lock out again. This is similar to a rack pull, but he's not lifting the bar off the support bars of a power rack each time. Instead, it's his responsibility to stop the bar's descent before pulling it up again.

FOCUS By doing only the top halves of deadlifts, Elssbiay eliminates most of the leg and glute activation that occurs on reps pulled from the floor. Therefore, this becomes more of a back exercise (hitting especially the spinal erectors and traps) and less of a posterior chain exercise working the lower and upper body together. In addition, by doing top deads near the end of his back workout, he can focus them more on his pre-exhausted back and avoid using the monstrous weights he could pull at the beginning of his routine. Still, there is a risk of injury when handling nearly 500 pounds without support racks, so Ramy watches his form and range of motion in a mirror on every rep, concentrating on owning the weight and never letting the weight own him.

ELSSBIAY'S BACK WORKOUT

EXERCISE	SETS	REPS
Hammer Strength Pulldown	4	10
Hammer Strength Row	4	10
Barbell Row	3	10
V-handle Pulldown	3	10
Top Deadlift	3	10
Stiff-arm Pulldown	3	10

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The cable stiff-arm pull-down mimics free-weight dumbbell pull-overs and the old-school Nautilus pullover machine. All three are isolation moves designed to target only the lats.



STIFF-ARM PULLDOWN

SETS 3 **REPS** 10 **WEIGHT** 180

EQUIPMENT Overhead cable station, slightly cambered bar

GRIP Overhand with straps, shoulder width

FORM He stands six feet from the cable and bends his upper body forward at an angle approximating the minute hand at 9 o'clock. While keeping his enormous arms slightly bent but elbows locked, he pulls the bar down and toward him. His arms serve as levers as the bar goes in an arc from approximately the level of his blue Nike cap to touching his quads.

FOCUS With the bar against his thighs, he holds each contraction for a second and squeezes his lats. "I really feel this in my outer lats," Ramy says. "And it's a good way to both stretch out and contract the lats at the end of a back workout. It always feels good to end with these. The weight isn't so important. What's important is strict form and really focusing on your lats." **FLEX**



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ARMED

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BODYBUILDING'S IRONMAN,
DEXTER JACKSON, SERVES UP HIS
ESSENTIAL ARM-GROWING TIPS

BY GREG MERRITT



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This has been a record year for Dexter Jackson.

On March 7, he won his fifth Arnold Classic (record) and made his 14th Arnold posedown (record) in his 15th Arnold (record). And he did it all at 45, making him the second-oldest male winner of an open IFBB pro contest and easily the oldest winner of a "major." On Sept. 18, when he strolled at his trademark glacial pace to center stage of Orleans Arena, "the Blade" set another record, one that he'd shared for the previous year with fellow Olympia victor Ronnie Coleman. It was his 16th Olympia entry, more than any other competitor in the O's 51-contest history.

Jackson's Olympia career, highlighted by his 2008 victory, spans from his rookie year in 1999 to the present with no signs of halting. He is bodybuilding's ultimate ironman, and his record-making 2015 is a testament to his sustained excellence. Throughout his long and distinguished career, the Blade's colossal and shapely biceps and triceps have perpetually given him an edge. In honor of his 16th Olympia, we assembled Mr. Consistency's 16 best arm-training tips.

1 BICEPS EXERCISE SELECTION

I pretty much follow the same biceps routine every workout, but there's a lot of room to switch things up along the way, depending on whatever [trainer] Charles [Glass] wants to do. I start with a machine exercise, then I do a two-arm free-weight exercise, and I finish with a dumbbell exercise, but that still allows a lot of space for variety. I might do barbell curls one workout and EZ-bar curls the next, and the workout after that I might do 21-curls with the EZ-bar or spider curls with a barbell. There's a framework we stick to, but you can work variety into that framework.



MACHINE PREACHERS

Although I recommend free weights for size, I still use machines for variety. Machine preacher curls are good for warming up. I'll usually do them first. In some ways, they're better than free-weight preachers, because the machine's mechanics keep tension on your biceps throughout the exercise. [Tension is lessened past the halfway point of free-weight preacher curls when you're no longer fighting gravity.]

OPENER: PAVEL YTHUALL; THIS PAGE: KEVIN HORTON

3 STRONG CONTRACTIONS

Sometimes I'll do the Hammer Strength iso-lateral machine curl, the one where your elbows are elevated to eye level and you curl down. I can get a really good contraction on those. A strong contraction is the most important thing when it comes to training biceps. You want to choose those exercises where you can really get maximum pressure on the bi's when your arms are fully bent.

4 MODERATE REPS

I'm not into just pumping up my arms. I'm into making my arms grow. There's a difference. I don't do a bunch of high reps on curls and pushdowns or work really fast or anything. I stick to 8-10 reps, and I go as heavy as I can in that range. That's what makes my arms grow. Of course, my arms do pump up, but that's never my focus.

OLDEST PRO WINNERS

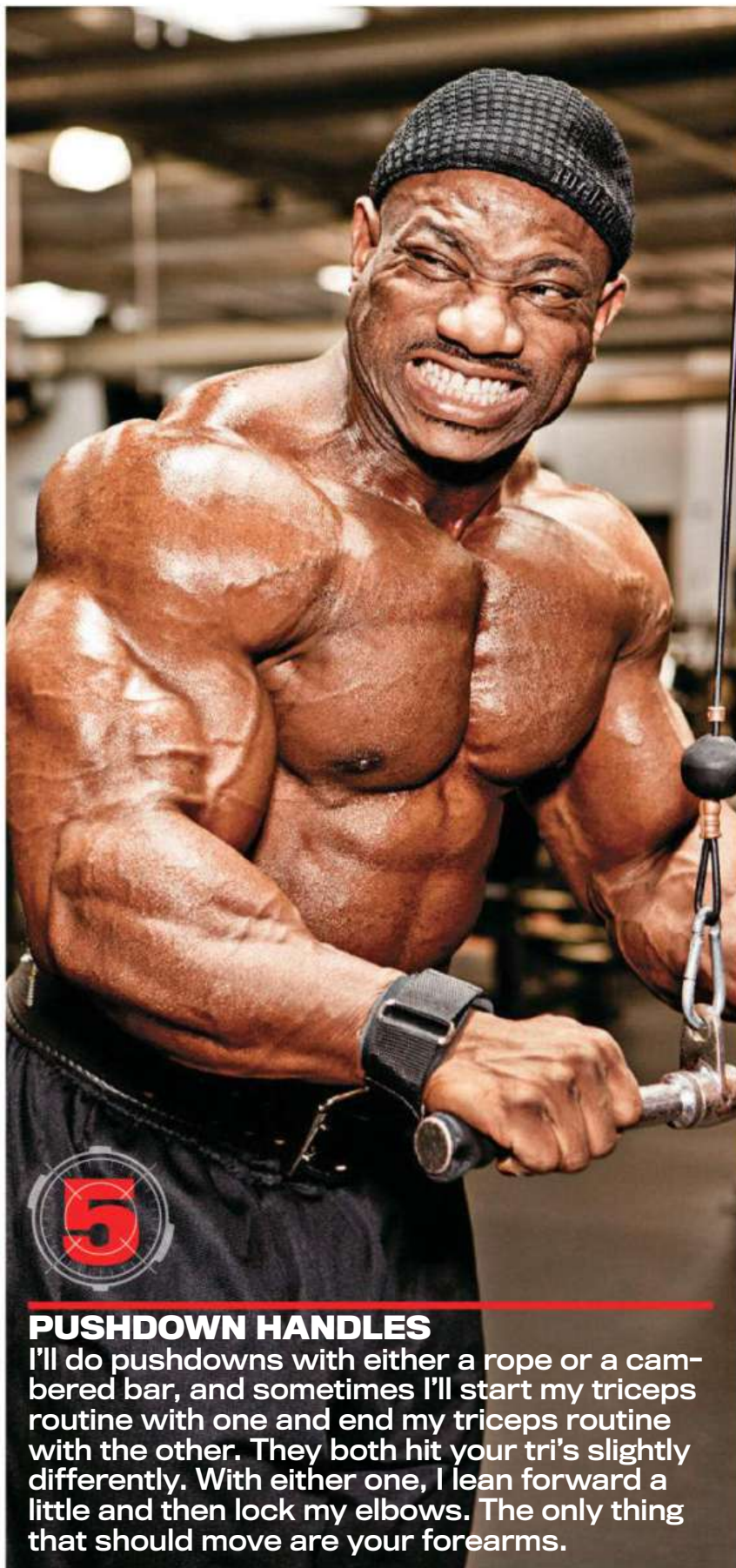
The oldest male winners of IFBB Pro League open contests:

NAME	AGE	YEAR
Albert Beckles	52	1991
Dexter Jackson	45	2015
Johnnie Jackson	44	2015
Troy Alves	44	2011
Toney Freeman	44	2011
Robby Robinson	44	1991
Dennis James	43	2009
Chris Dickerson	43	1982
Ronny Rockel	42	2014

MOST OLYMPIA ENTRIES

16 Dexter Jackson

15 Ronnie Coleman
13 Albert Beckles
13 Jay Cutler
13 Shawn Ray
12 Johnnie Jackson
12 Kevin Levrone



PUSHDOWN HANDLES

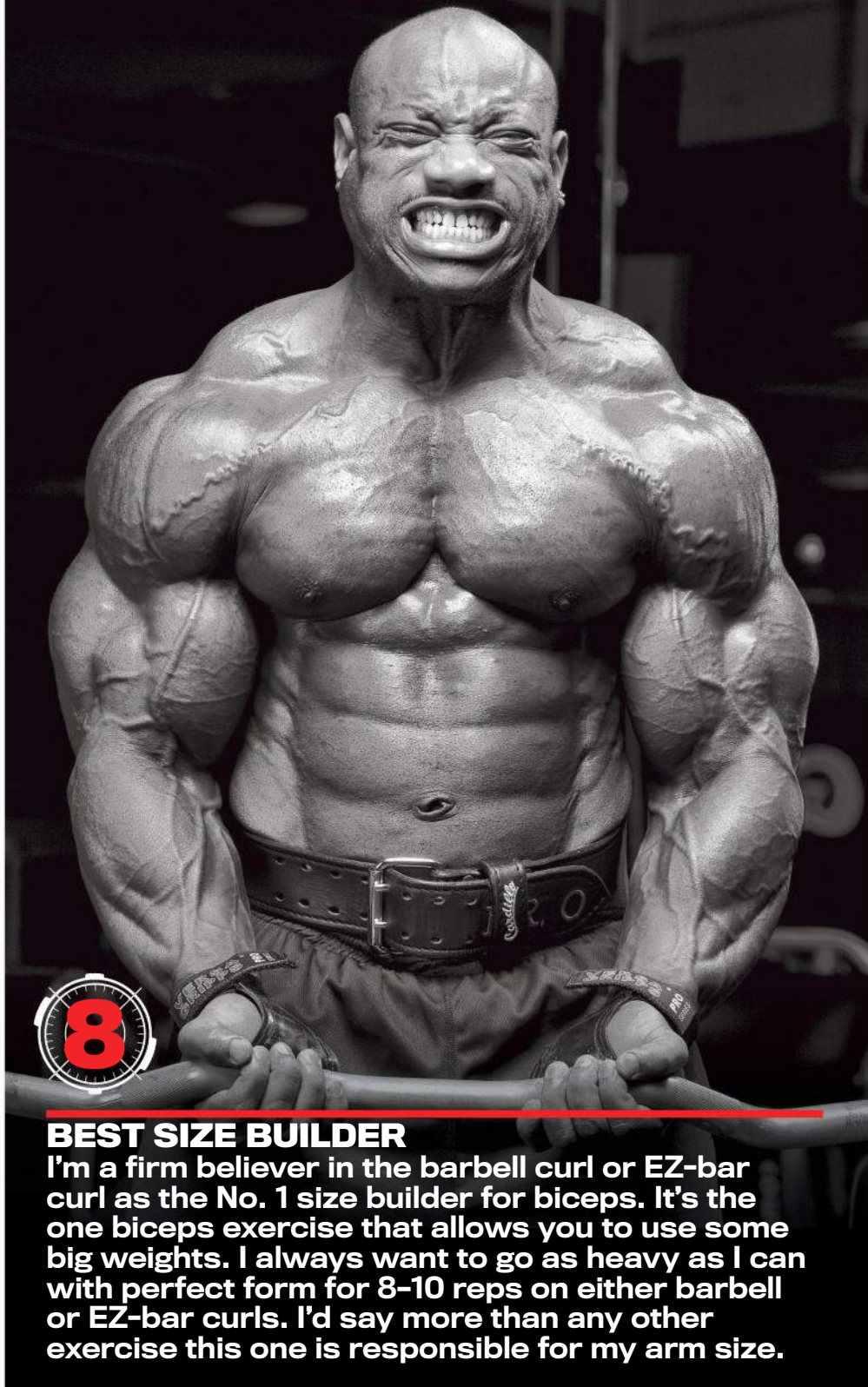
I'll do pushdowns with either a rope or a cambered bar, and sometimes I'll start my triceps routine with one and end my triceps routine with the other. They both hit your tri's slightly differently. With either one, I lean forward a little and then lock my elbows. The only thing that should move are your forearms.

6 TOGETHER OR APART

I've worked biceps and triceps together and apart over the years, depending on my split. I found working both muscles together in the same workout was best for me, instead of hitting each separately after a larger body part like chest, back, or shoulders. It allows you to focus all your attention on arms that day and lift the heaviest weights possible. Sometimes, I'll do biceps first and triceps last. Other times, I'll switch back and forth between a biceps exercise and a triceps exercise, but not supersetting. I'll do all the sets for one [biceps] exercise and then all the sets of the next [triceps] exercise, alternating back and forth like that throughout the workout.

7 SKULL CRUSHER AND PRESS

At the end of my skull crushers [lying triceps extensions], I'll do a few close-grip pressing reps, just hitting the top half of the movement, which is all tri's. The presses are a way of keeping the set going a little past failure. When your triceps are exhausted from the skull crushers, you're still going to have some pressing strength left.



KEVIN HORTON

BEST SIZE BUILDER

I'm a firm believer in the barbell curl or EZ-bar curl as the No. 1 size builder for biceps. It's the one biceps exercise that allows you to use some big weights. I always want to go as heavy as I can with perfect form for 8-10 reps on either barbell or EZ-bar curls. I'd say more than any other exercise this one is responsible for my arm size.

BICEPS ROUTINE

EXERCISE	SETS	REPS
Pushdown	4-5	8-10
Lying Triceps Extension	4	8-10
Overhead Rope Extension	4	8-10

TRICEPS ROUTINE

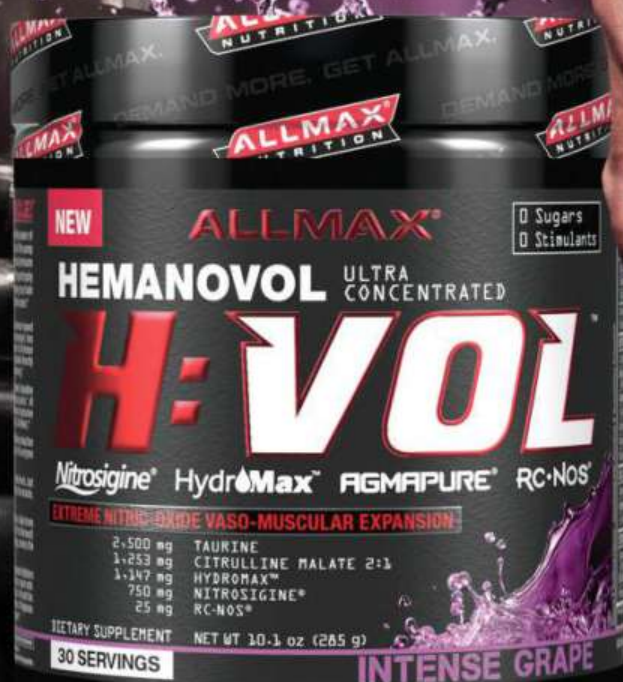
EXERCISE	SETS	REPS
Machine Preacher Curl	4-5	8-10
Barbell or EZ-bar Curl	4	8-10
Alternate Dumbbell Curl or Concentration Curl	4	8-10

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PRE

POST

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PROFESSIONAL GRADE SUPPLEMENTS

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SUPPLEMENT GIANT



10 FOREARMS

If I ever did wrist curls, it was so long ago I can't remember. I never needed to do them. My forearms got big enough just from gripping weights. Not training forearms allows me more time and energy to focus on all the other things I want to improve. But that's just me. If your forearms aren't big enough, maybe you need to train them. Maybe you even need to give them a special focus.

11 SPIDER CURLS

An exercise that Charles [Glass] got me doing is spider curls lying facedown on an incline bench. I let my arms hang down so they're perpendicular with the floor, and then I curl an EZ-bar up. This one really works the contractions. It's almost like I can feel my biceps peaks getting higher.

12 COMPOUND SETS

I've done every kind of intensity technique over the years. The one I used that brought on the most growth in my arms was trisets [three exercises performed without rest] or giant sets [four or more exercises performed without rest]. For triceps, I'll always start with four or five sets of pushdowns on their own. Then I do the trisets. I'll do dips on a machine, lying triceps extensions, and overhead rope extensions. Rotate through those three exercises four times [8-10 reps per set] without resting between sets, and you'll get a great pump. Trisets and giant sets are effective for shocking stubborn muscles into growing. I use them a lot pre-contest.

13 21-CURLS

One thing Charles has me doing sometimes is 21-curls. With these I do seven reps going from the bottom to halfway up, then seven reps going from halfway up to the top, and then seven full reps. That's one set. These are a great final exercise for my arm workouts. They really blow out my bi's and make sure I get everything I can get out of the workout.

9
**FEEL THE
MUSCLE
WORKING**

The key to arm training is the same key to training anything. You need to feel your muscles working throughout every rep. Forget about the weight. Focus on your muscles and focus on those areas of your muscles—like the peaks of your biceps or the outer heads of your triceps—that you want to hit with a particular exercise. I see people all the time humping up curls or swinging up skull crushers. Those are never the guys with the biggest arms in the gym. The guys with the big arms, we stay strict all the time, and we feel our muscles working.



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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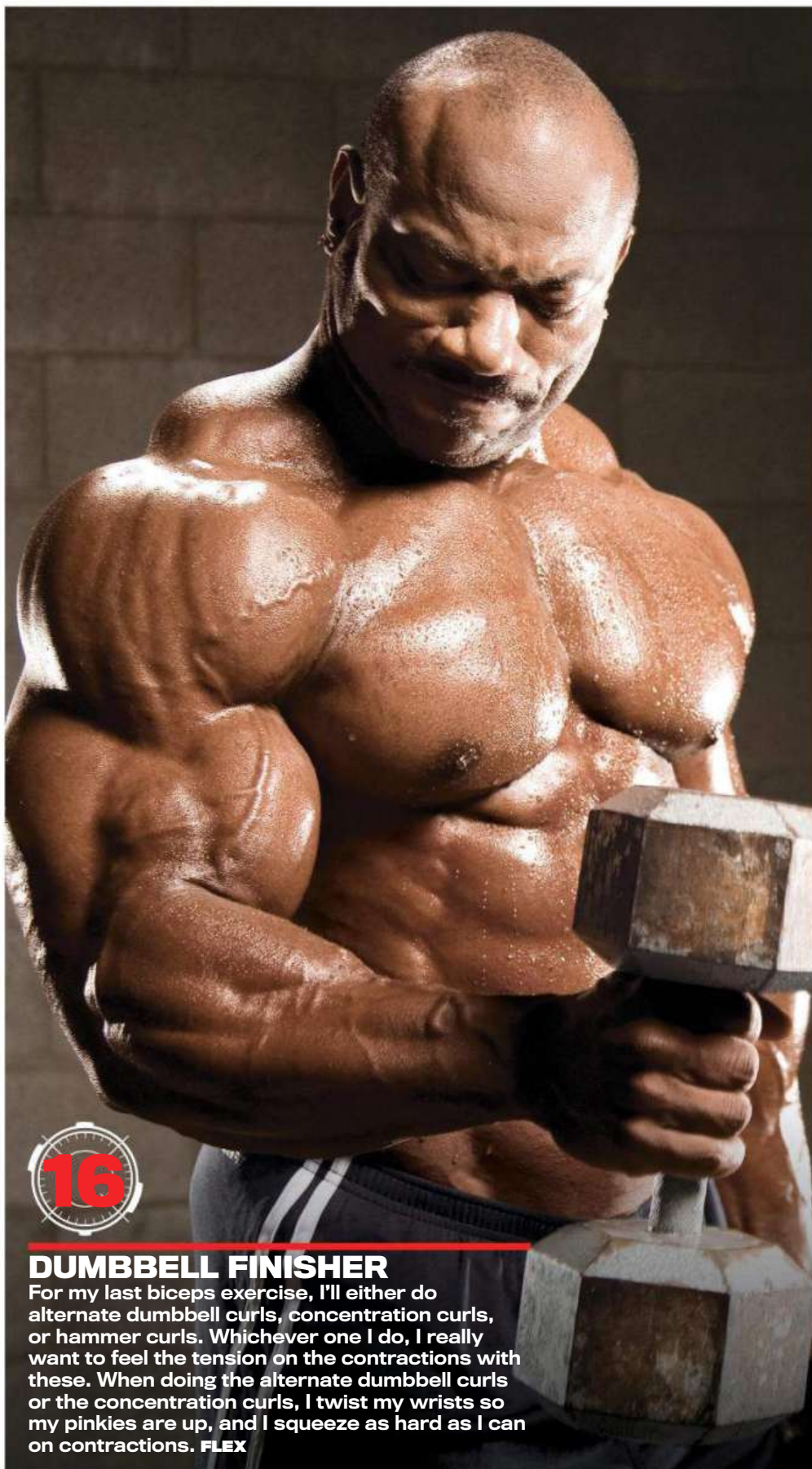
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14 MACHINE DIP

With machine dips, you want to stay upright and keep that tension on the tri's. If you lean forward, you hit the chest more. I don't like to go too high. Bringing your elbows high activates more of your chest and delts. I just want to keep tension on the tri's, and for that I just go from about halfway up to all the way down. Also, don't pause long on the bottom. I want to keep moving, keep my tri's working.

15 ISO TENSION

One of those things that really bring out the extra qualities in your muscles is posing. I can get a great pump from just posing my arms. Definitely going into a contest, posing practice is like an extra workout focused only on the contractions, so you can really bring out the biceps peaks and separation in the three triceps heads. The thing is, you don't have to be a competitor to benefit from this. Anyone can benefit from flexing their arms, whether between sets or later at home. It's going to strengthen that mind-to-muscle connection that's so important to getting effective workouts. If I have a secret, this is it. Flex your arms.



DUMBBELL FINISHER

For my last biceps exercise, I'll either do alternate dumbbell curls, concentration curls, or hammer curls. Whichever one I do, I really want to feel the tension on the contractions with these. When doing the alternate dumbbell curls or the concentration curls, I twist my wrists so my pinkies are up, and I squeeze as hard as I can on contractions. **FLEX**

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LAST SET

**YOUR
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MUSCLE
NEWS**

The year-long race to qualify for Olympia Weekend is over. Find out who made it to the ultimate contest.

PAGE 178

It's a battle of the beasts as Bertil Fox takes on Roelly Winklaar. Who wins this muscle throwdown?

PAGE 180

Jay Cutler did the impossible at the 2009 Mr. O. Check out the weapons he used to make history.

PAGE 192



PAGE 184

BAITO
REMEMBERING
THE LATE 212
CHAMPION

2015 OLYMPIA QUALIFICATION SERIES

THE FINAL RESULTS ARE IN! HERE ARE THE DIVISION COMPETITORS WHO QUALIFIED FOR THE 2015 IFBB OLYMPIA WEEKEND.

MR. OLYMPIA

- 1 **Steve Kuclo** 15 pts.
- 2 Victor Martinez 14 pts.
- 3 Robert Piotrkowicz 14 pts.
- 4 Justin Compton 11 pts.
- 5 Brad Rowe 11 pts.



FITNESS OLYMPIA

- 1 **Marta Aguiar** 12 pts.
- 2 Chika Aluka 11 pts.
- 3 Kristine Duba 9 pts.
- 4 Danielle Ruban 4 pts.
- 5 Allison Ethier 4 pts.



FIGURE OLYMPIA

- 1 **Wendy Fortino** 13 pts.
- 2 Julie Mayer 12 pts.
- 3 Andrea Cantone 12 pts.
- 4 Karen Noorlun 7 pts.
- 5 Jennifer Brown 7 pts.



WOMEN'S PHYSIQUE SHOWDOWN

- 1 **Leonie Rose** 13 pts.
- 2 Erica Blockman 11 pts.
- 3 Jennifer Hernandez 10 pts.
- 4 Silvia Alves Fraga 7 pts.
- 5 Kristina Dybdahl-Farnsworth 7 pts.



BIKINI OLYMPIA

- 1 **Noy Alexander** 15 pts.
- 2 Francesca Lauren 13 pts.
- 3 Angeles Burke 12 pts.
- 4 Christina Fjaere 11 pts.
- 5 Vladimira Krasova 10 pts.



212 SHOWDOWN

- 1 **Tricky Jackson** 12 pts.
- 2 Aaron Clark 10 pts.
- 3 Ahmad Ahmad 9 pts.
- 4 Oliver Adziewski 9 pts.
- 5 Khalid Almohsinawi 7 pts.



MEN'S PHYSIQUE SHOWDOWN

- 1 **Jake Alvarez** 16 pts.
- 2 Patrick Fulgham 13 pts.
- 3 Jake Campus 12 pts.
- 4 Michael Balan 11 pts.
- 5 A.J. Shukoori 11 pts.



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WEIGHT
230
AGE
64
PRO CONTESTS
18
PRO WINS
0
YEARS AS PRO
9



WINKLAAR
HEIGHT
5'7"
WEIGHT
250
AGE
38
PRO CONTESTS
29
PRO WINS
5
YEARS AS PRO
6

FOX vs. WINKLAAR

A DUEL BETWEEN THE THICKEST PHYSIQUES OF DIFFERENT ERAS

They both returned to the islands where they were born 26 years and 540 miles apart. Bertil Fox is a native of St. Kitts in the West Indies (he is currently imprisoned there for murder), while Roelly Winklaar lives on Curaçao, off the coast of Venezuela. They share more than Caribbean homes, however. Both have the densest physiques of their respective eras and have similar strong points and weaknesses.

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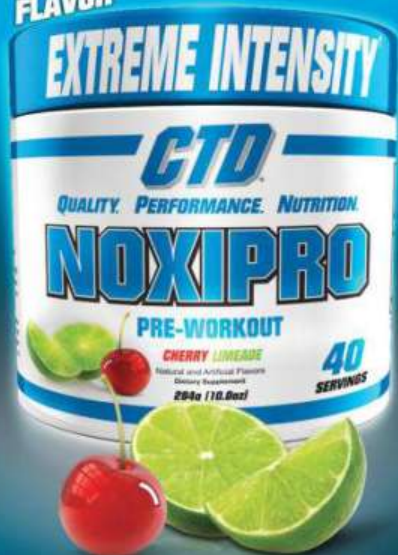
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LAST SET | POSEDOWN

Fox dominated European bodybuilding in the late '70s, and he was celebrated for his especially gargantuan biceps, traps, and pecs. His most muscular and side chest poses were showstoppers. The man from St. Kitts never won an IFBB pro show, but in 1983 he was fifth in the Mr. Olympia and beat Lee Haney in another contest. (Only three others ever defeated the eight-time Mr. O on a pro stage.) His inconsistent conditioning and lack of back width kept him from IFBB victories. Those same weaknesses dog Winklaar, whose highest Olympia placing is seventh (2013) despite sporting arguably the fullest arms and delts of all time. Today, the man from Curaçao is nearly unbeatable in the side shots, just as Fox was more than three decades ago. If only side thickness were judged, both Caribbeans would have Sandow collections.

FOX

STRENGTHS

Arms,
traps,
pecs, delts

WEAKNESSES

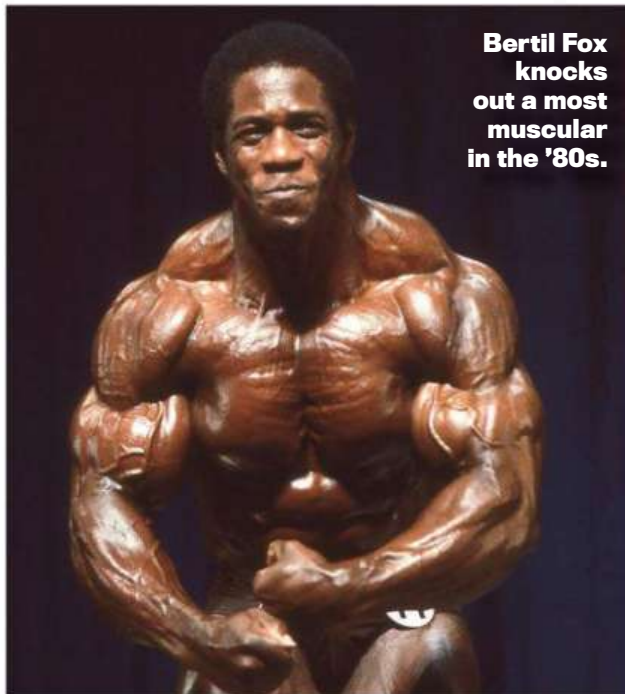
Thigh
sweep,
back
width

BEST POSE

Side chest

WORST POSE

Rear lat
spread



Bertil Fox
knocks
out a most
muscular
in the '80s.

WINKLAAR

STRENGTHS

Arms,
delts,
quads

WEAKNESSES

Back
width,
abs

BEST POSE

Side
triceps

WORST POSE

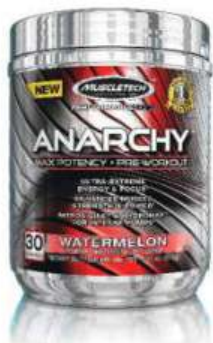
Rear lat
spread



Roelly Winklaar,
the Beast,
does like-
wise today.

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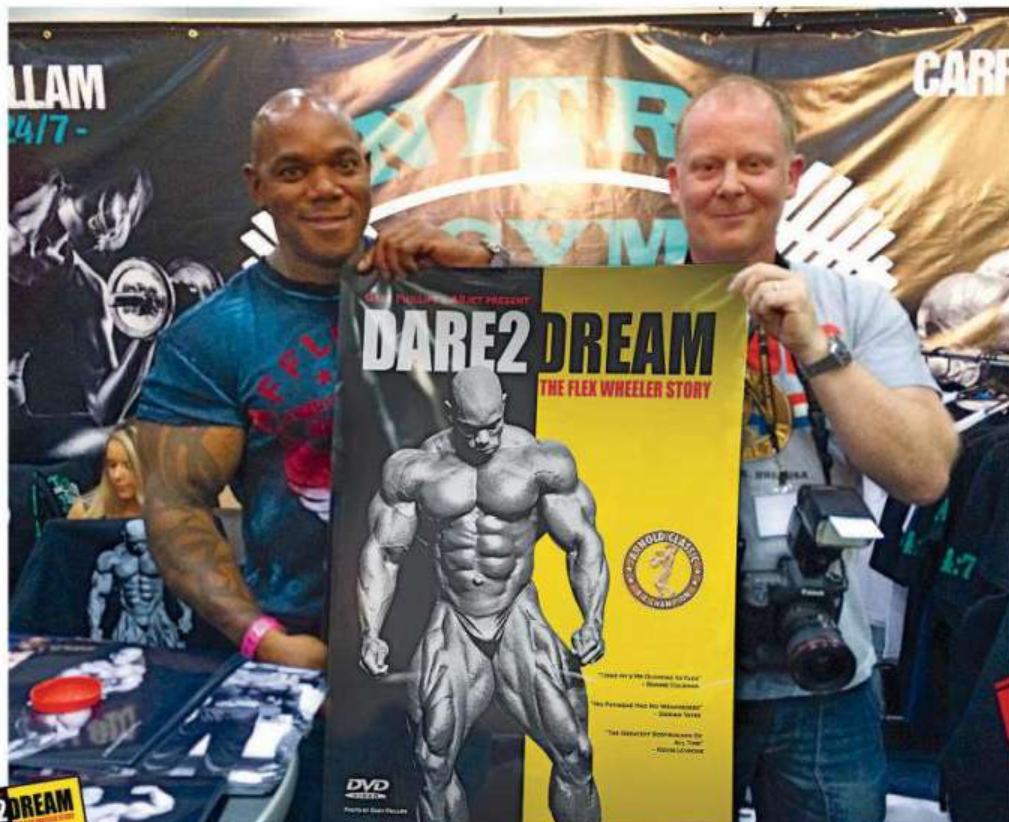
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■ **One of the greatest** physiques of all time. Uncrowned Mr. Olympia. These words followed Kenneth "Flex" Wheeler for much of his bodybuilding career. Wheeler came out of California in the late '80s and earned his pro card in 1992. The following year, he made one of the most resounding pro debuts in history by winning his first four contests, including the Arnold Classic, and placing runner-up to Dorian Yates in the Mr. Olympia. Now, 12 years later, Wheeler's story is revisited in this feature-length documentary presented by Gary Phillips and ABJet.

From his prolific career wins to his life-threatening car crash to his miraculous comeback, *Dare 2 Dream* is highlighted with unseen footage and insight from those who competed against him and trained with him, such as Ronnie Coleman, Dorian Yates, Shawn Ray, Kevin Levrone, Charles Glass, Chad Nicholls, Tony Doherty, and more. Order at d2dmovie.com.

IN MEMORIAM

BAITO ABBASPOUR March 11, 1978–Aug. 25, 2015

■ Iranian IFBB Professional League bodybuilder Baito Abbaspour passed away in August following a long battle with vasculitis, a disease that causes inflammation of the blood vessels. Abbaspour made his IFBB Pro League debut in 2012 and qualified for the Mr. Olympia (16th). The following year he won the 2013 Nordic Pro and earned a second trip to the Olympia, where he again placed 16th. Midway through the 2014 season, the 5'4" Abbaspour dropped down to the 212 division and qualified for the Olympia 212 Showdown, where he placed fifth. In the post-Olympia tour, Abbaspour placed third at the Korea Pro 212 and second at both the EVLS Prague Pro 212 and San Marino Pro 212. Abbaspour wowed fans with his immense thickness and some of the best quads and hams in the 212 division. Abbaspour passed away at Atihe Hospital in Tehran, Iran. Our deepest condolences go out to his wife, daughter, and his family and friends.



IRON CHEF

Flex Lewis signs with **Elite Lifestyle Cuisine**

■ **Whether you** want to pack on size or get shredded, bodybuilders know the keys to success are a smart training program and solid nutrition. So when three-time Olympia 212 Showdown champion Flex Lewis signed on with Elite Lifestyle Cuisine, it seemed like an ideal relationship.

"It gives me great pleasure to be a part of the Elite Lifestyle Cuisine team," Lewis said. "Company president Carlo Filippone sent me some meals, and I have high confidence that teaming up with Elite will help bring a package to the Olympia that will secure that fourth win."

Elite Lifestyle Cuisine's product line is composed of many low-fat menu items. "One of the greatest compliments we have ever received is an endorsement from Flex Lewis," IFBB pro and chef Filippone said. "He is a champion with great integrity and an unwillingness to compromise. We are excited to have him represent our brand." To place an order, go to elitelifestylecuisine.com.

CLASSIC PHYSIQUE

The NPC's new men's division to debut in 2016

■ Yes, you read it right. In 2016, classic physique will no longer be a descriptor for the builds of bodybuilders from a bygone era; it will be a new competitive division of the National Physique Committee. The collective brainchild of NPC/IFBB Pro League president Jim Manion, J.M. Manion, Tyler Manion, and Tony Blinn, the aptly named classic physique category is the middle ground between bodybuilding and men's physique. "Classic physique is for guys who want to take their muscularity and size beyond the limits of men's physique, but not quite to the extremes of bodybuilding," Jim Manion said. "The sport is constantly evolving as the athletes find new ways to express their physiques. The NPC prides itself on offering a platform for these athletes to realize their competitive goals. Classic physique will highlight proportion, symmetry, pleasing lines, and a small waist. In short, the focus will be on aesthetic qualities in harmony with muscularity and condition." For rules and guidelines, including posing trunks and future contest dates, go to npc.newsonline.com.



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Since 2003, Pharmapro has established itself as the leader in gray market formulations you won't find in stores. We specialize in combining unique ingredients at efficacious doses for maximum gains. Our newly formulated MAXITEST™ combines 5 of the most advanced Test boosters available. In recent studies, the ingredients in MAXITEST™ have been found to have a profound effect on testosterone levels. Individuals involved in intense resistance weight training may benefit the most from MAXITEST™ as elevated testosterone levels accelerate muscle protein synthesis which leads to MASSIVE GAINS.



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What Is Pharmapro About?

The Pharmapro Mission is to bring you The Most Powerful Legal Anabolics You Can Buy Anywhere. All formulas are backed by sound scientific research. Every Pharmapro product is manufactured with the finest ingredients and quality assurance is maintained throughout the manufacturing process. Very few companies test their products using the same rigorous protocols as Pharmapro.

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What We Are NOT About

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- 7 IOWA PRO BIKINI** Davenport, IA. Jack Titone, (314) 686-3828, titonej@aol.com, npcmidwest.com.
- NEVA PRO SHOW 2015 BODYBUILDING AND BIKINI** St. Petersburg, Russia. Contact Denis Loginov, +7 921 947 36 83, nevaproshow.com.
- SACRAMENTO PRO MEN'S PHYSIQUE AND MASTERS BIKINI** Sacramento, CA. Contact Ted Williamson/John Tuman, (951) 687-9366/(209) 480-1798, tedwm@aol.com/bbspy@aol.com, spectrumfitnessproductions.com.
- ULTIMATE WARRIORS PRO WOMEN'S PHYSIQUE** San Diego, CA. Contact Jon Lindsay, (310) 796-9181, musclecontest.com.
- 14 KENTUCKY MUSCLE PRO MEN'S PHYSIQUE AND FIGURE** Louisville, KY. Contact L. Brent Jones, (502) 387-3808, lbrentjones@kentuckymuscle.com, kentuckymuscle.com.
- IRONGAMES PRO MASTERS BIKINI** Culver City, CA. Contact Jon Lindsay, (310) 796-9181, musclecontest.com.
- 15 SAN MARINO PRO BODYBUILDING, FIGURE, BIKINI, AND MEN'S PHYSIQUE** San Marino, Italy. Contact Gian Enrico Pica, info@v-power.sm, v-power.sm.
- 20 FERRIGNO LEGACY PRO MEN'S BODYBUILDING, BIKINI, AND PHYSIQUE** Palm Springs, CA. Contact Chris Minnes, (775) 375-5438, info@ferrignolegacy.com, ferrignolegacy.com.

NPC NATIONAL

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- 20/21 MEN'S & WOMEN'S NATIONALS BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE** Miami, FL. Contact Steve Karel/Pam Betz, pambetz@aol.com, nationalbodybuilding.com.

NPC LOCAL & REGIONAL

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- 06/07 SACRAMENTO BODYBUILDING, FIGURE, BIKINI, AND PHYSIQUE*** Sacramento, CA. Contact Ted Williamson/Hany Rambod/John Tuman, (209) 480-1798, spectrumfitnessproductions.com.
- 7 EAST COAST BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE*** Wayne, NJ. Contact Maz Ali, (973) 523-2707.
- ELITE MUSCLE CLASSIC BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE*** Greensboro, NC. Contact Quincy Roberts, (336) 987-4007, qrelite@gmail.com.
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- INFINITY FIT BODYBUILDING*** Indianapolis, IN. Contact Jesse Dale, (317) 538-9662.
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- SOUTHERN MUSCLE CONTEST BODYBUILDING, FITNESS, FIGURE, BIKINI, AND PHYSIQUE*** Baton Rouge, LA. Contact Luke Tesvich/John Lupo, (504) 439-6224/(504) 330-4784, npclaoffice@aol.com, npcsothernmuscle.com.

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Lackland AFB, TX. Contact Dwayne Reed, (210) 671-0854. (Team Universe Qualifier)

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ON THE WEB

For additional local event listings, information on entering these contests, and more, go to npcnewsonline.com and ifbbpro.com.

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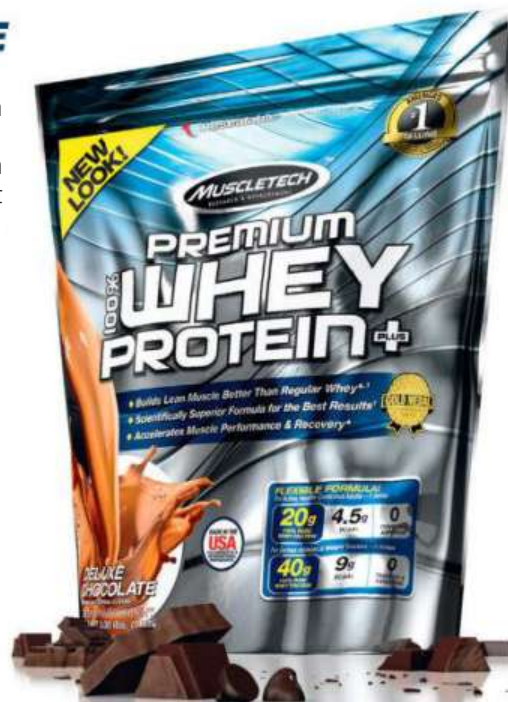
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THE SHOT



LEG-ENDARY

■ It was a comeback scripted for Hollywood. After losing his title at the 2008 Mr. Olympia, the ex-champ is written off as a has-been. He was great in his day, but the new crop of younger, hungrier challengers has finally overtaken him. So when the former champ stood onstage at the 2009 Mr. Olympia pre-judging Friday night and unveiled the fruits of his yearlong effort to regain his crown, the deafening cheers from the Orleans Arena crowd said it all: Jay Cutler was back, and he was on top! Cutler made history the next night as the first man to win back the Olympia after losing it. The key to his victory? There were two of them, and senior writer Greg Merritt said it best, describing a real-time workout one month before Cutler's record-setting win: "It was his quads, wider than ever and crisscrossed with a cornucopia of new cuts, and his hams—distinguished by yawning lines like vertical blinds—which, more than any other parts, won him his third Sandow." Cutler went on to win a fourth Sandow in 2010.



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